

What Are the Benefits of Invisalign Over Braces

People love the look of Invisalign, but many still opt for braces. Traditional braces and Invisalign are the two most popular orthodontist treatments used to treat the alignment of your teeth. You can not say which method is best; therefore, you should consider visiting **Invisalign Dentist Near Me** to learn the pros and cons of both treatments.

How Does Invisalign Work?

Invisalign is one brand of the clear aligner, the restorative device that corrects crooked teeth and knocked or misaligned teeth. They are invisible braces and custom-made mouthpieces from medical-grade plastic that apply gradual pressure on your teeth and guide them to the required position.

What are the benefits of clear aligners?

Appearance

Unlike other dental braces, clear plastic Invisalign aligners closely fit the patient's teeth, and no one can even notice you. A discreet style is the main reason why people choose aligners over braces.



Comfort

Invisalign Houston fit flush against teeth and don't cause the cuts or discomfort that braces can. You may feel discomfort with teeth repositioning; also, they are removable, so you can remove them while brushing and eating.

Ease of Brushing and Flossing

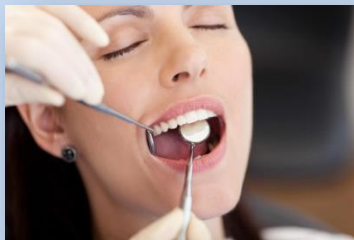
With a clear aligner, the patient can simply remove the Invisalign, brush and floss normally. Also, it has a very small process, and they are also called [6 Month Braces](#).

No Danger With Hard or Chewy Foods

To prevent further damage or irritation, you should avoid some food items, such as chewy, sticky and hard food. However, people with aligners remove them before eating or brushing their teeth. Therefore you should consider contacting the [Best Dentist In Houston](#) for **Invisalign Treatment**.

Fewer Orthodontist Visits

Some patients won't need to visit the orthodontist regularly with an aligner. Still, with braces, you need to get them adjusted by the dentist every month. But for braces treatment, you may have to come for braces adjustment. They are also called as **6 Month Braces**, because of timeperiod they take to correct your teeth.



What is the major limitation of Clear Aligners

Not for Complex Corrections

Your Invisalign aligners are not for all cases and are typically best for people with only minor teeth straightening.

Must Remove to Eat

You may drink water wearing Invisalign trays but should remove them whenever eating or drinking other than water. The plastic is very soft and easily damaged with food. Additionally, they get stained easily and warp with heat, so you should remove them while drinking hot water or colourful beverages.

Requires Discipline

People with Invisalign aligners should wear them for atleast 22 hours for a better outcome. Wearing them less may affect your results because they are easily removable—only disciplined people need to wear them for the required hours. Another concern is the kids lose aligners quickly, which costs you more money and extends treatment.

Conclusion

If you have a minor teeth-aligned problem or bad bite, you should consider visiting a dentist for a thorough check and treatment. Also, you need some patience to wear your restorative device for at least 22 hours a day.

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