



New Patient Education Focus Highlights Invisalign Treatment Options

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As more patients compare removable aligners with traditional orthodontic appliances, Zachary Papadakis DDS & Associates is emphasizing the importance of professional evaluation and individualized treatment planning when considering clear aligner therapy. The New York City dental practice provides Invisalign treatment for appropriate patients and is highlighting the differences between removable aligners and fixed braces as part of its patient education efforts.

Invisalign is among the appliances used in orthodontic treatment to gradually guide teeth toward planned positions. The American Dental Association explains that braces and aligners are commonly used to correct orthodontic problems, including crowded, spaced, protrusive, or improperly aligned teeth. The organization also notes that orthodontic treatment is intended to help establish a healthy bite and that treatment options depend on individual circumstances.

Invisalign treatment uses a series of customized, removable clear aligners. According to Invisalign, each aligner is designed to fit the patient's mouth and apply pressure to gradually move the teeth, with most patients instructed to wear their aligners for approximately 20 to 22 hours each day. The aligners can

generally be removed for eating, drinking, brushing, and flossing, although patients should follow the specific instructions provided by their treating dental professional.

“The most important part of clear aligner treatment is determining whether the approach is appropriate for the individual patient and then following the treatment plan established by the treating clinician,” said a spokesperson for Zachary Papadakis DDS & Associates. “Patients should understand that aligner therapy is not a one-size-fits-all process. The recommended appliance, treatment duration, and wear schedule depend on the patient's dental needs and the movements being planned.”

The removable design can also affect how patients manage their daily oral hygiene. Because clear aligners can be removed, patients can brush and floss without having to work around the brackets and wires associated with traditional fixed braces. The American Dental Association recommends brushing twice daily with fluoride toothpaste, cleaning between the teeth daily, and maintaining regular dental visits as part of general oral care.

Treatment duration is another factor that requires individualized expectations. Information from the Academy of General Dentistry indicates that complex clear-aligner cases can require approximately 12 to 18 months, while relatively simple cases may be completed in a shorter period. The organization also notes that treatment time may be extended if aligners are lost or broken, or if appointments are missed.

The 12-to-18-month range should therefore be understood as a general reference rather than a prediction for any particular patient. Invisalign likewise states that treatment times vary based on factors such as the type of product, wear time, and case complexity, and that the treating doctor determines the appropriate timeline. Patients may require more or less time depending on the extent of tooth movement and the progression of their treatment.

Patient participation is an important component of removable aligner therapy. Invisalign advises that aligners should generally be worn for 20 to 22 hours per day to stay on track, while the treating clinician may provide instructions specific to an individual treatment plan. Regular appointments allow the dental professional to evaluate progress and determine whether changes to the plan are necessary.

Clear aligners are not appropriate for every orthodontic concern. The American Dental Association notes that orthodontic treatment depends on the patient's particular condition and that removable aligners are one of several available appliances. A professional examination can help determine whether clear aligners are suitable or whether another treatment approach would better address the patient's needs.

For patients researching Invisalign treatment in NYC, the distinction between a general treatment description and an individualized clinical recommendation is important. Clear aligners may offer a removable alternative

to fixed braces for appropriate candidates, but suitability, expected outcomes, treatment duration, and required wear depend on the patient's circumstances and should be determined by the treating dental professional.

Zachary Papadakis DDS & Associates provides dental care in New York City, including general and cosmetic dental services and orthodontic treatment options such as Invisalign clear aligners for appropriate candidates. The practice encourages patients to discuss their dental needs with a qualified clinician before beginning treatment. Additional information about clear aligners and available dental services is available at <https://www.zacharypapadakis.com/>.

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