San Diego Dental Clinic Sheds New Light On Invisalign Procedure

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San Diego, CA-based San Diego Wellness Dentistry is pleased to share the benefit of Invisalign braces with their patients. Pulling a deep pool of industry expertise and experience carrying out the procedure with hundreds of other patients, the clinic eagerly welcomes any questions from those who wish to learn more.

As part of their efforts to spread awareness of Invisalign and the myriad benefits it offers over more conventional braces (in addition to the drawbacks), the clinic recently shared a blog post that explores Invisalign?s core properties and the reasons patients may want to choose them over metal braces. The post begins by explaining that, ?Traditional braces employ metal wires to move your teeth to an aligned position. Your orthodontist will glue metal anchors to the front of your teeth and attach an arch-wire. Your dental specialists will periodically tighten the wire to force alignment.?

It continues, ?Metal braces can not only align your teeth but can also close gaps that could otherwise put you at risk for gum disease or infection. Invisalign can solve many of the same aesthetic issues as braces?including crooked or crowded teeth?but they don?t fix your bite. If your bite is off, your dental specialist likely will recommend traditional braces.? The article further notes that adults are more likely to opt for Invisalign than adolescents, possibly due to their preference for more subtle treatment options.

Separately, Dr. Sam Parsi of San Diego Wellness Dentistry adds that the relative difference in cost may put some parents off getting Invisalign for their children, given that they tend to be relatively more expensive; the article states that they average around $5,000. Metal braces offer a wider range of expense tiers for patients to consider, ranging from $1,800 to $5,000 (though this may largely be dependant on each patient?s dental requirements).

The post continues, Invisalign braces do not require the ongoing repairs and updates that traditional braces do. With the metal ones, wires can sometimes pop out, or anchors can detach from your teeth. Traditional braces limit what you can eat, keeping you away from chewing gum and especially hard or sticky foods, which can damage anchors or pull out wires.? Furthermore, Invisalign can be taken out when necessary,

making them an easy favorite for athletes. Even outside the realm of sports, however, some users may simply appreciate the ability to remove their Invisalign braces in certain situations.

This versatility also means that the user no longer has to make regular visits to their orthodontist since they are effectively in charge of changing out their own trays. However, Dr. Parsi warns that this does not mean that Invisalign users will get the full benefit of their clear aligners if they do not keep them in for the majority of a given day. He recommends that they be kept in at least 20 hours a day.

?Both Invisalign and traditional braces will cause a certain amount of discomfort as they realign your teeth,? points out the blog post. ?But if you wear Invisalign trays, you don?t have to worry about cutting your mouth on anchors or wires. With traditional braces, you will sometimes have to use saltwater rinses to avoid infections when you develop cuts or sores.? Since conventional braces cannot be taken off easily, this contributes to difficulty with certain tasks that the user may previously have taken for granted, such as brushing their teeth. As previously stated, this problem is circumvented by the simple fact that Invisalign aligners can be taken out.

Notably, the post also recommends that Invisalign users take out their aligners before they sit down for a meal. It explains that, ?While Invisalign does not restrict the foods you can eat, you must take out your aligners when you eat or drink, which some people consider an inconvenience. You must keep the aligners in your mouth for at least 20 hours a day to maximize effectiveness. Work with your dentist or orthodontist to choose the straightening treatment that?s best for you.?

Interested parties may read the blog post, the first of a three-part series on the subject, in full on the clinic?s website. Interested parties may also contact Dr. Sam Parsi of San Diego Wellness Dentistry to make any further inquiries or learn how they may schedule a future appointment.

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