Jessica Cohen Orthodontics Releases New Blog Post on Choosing Braces or Invisalign

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Highland Park, IL based Jessica Cohen Orthodontics recently published a new blog post discussing the benefits and drawbacks of braces and Invisalign. The blog post aims to provide information and clear up any misconceptions one might have regarding teeth alignment. The orthodontist also opened a new Highland Park office recently.

Many people, both dental patients and trained orthodontists, have a preference for one or the other. Some prefer braces due to the fact that they have been tried and tested, proven to be effective when it comes to straightening teeth. Others swear by Invisalign due to the increased comfort and aesthetic appeal of an invisible, highly effective teeth aligner.

?Now that you have made a great decision to straighten your teeth, you need to choose the best method to approach this,? the blog post states. The two most popular methods are Invisalign and braces, which both offer different advantages and disadvantages. Invisalign quite simply looks better. According to the post, ?These retainers are virtually invisible, so nobody knows whether or not you?re undergoing any orthodontic treatment. No need for people to comment on your teeth and affect your self-esteem. You don?t need to worry about your smile in photos, and your teeth will look straight with time.?

Invisalign retainers are also removable and need only be worn for 22 hours every day unlike braces, which cannot be removed and can only be adjusted by a trained professional. It is also a lot easier to floss or brush with an invisalign retainer. With Invisalign, most of the work is done before they are put in one?s mouth. The orthodontist performs a 3D scan of the patient?s teeth to create customized retainers and from then on it is up to the patient to follow the orthodontist?s instructions. This means that one needs far fewer consultations, provided they follow their orthodontist?s instructions. The greatest advantage invisalign offers is comfort. The retainers are easy and comfortable to wear and cause far fewer gum and mouth problems.

When choosing braces or Invisalign, one must consider the disadvantages, however. The biggest concern with Invisalign retainers is that is that it is up to the patient to follow the rules. One may be tempted to simply

not wear them for the full 22 hours. One also needs to remove them before eating or drinking anything besides water, which can be a huge inconvenience. ?If you are out in public, you need to remove the aligners discreetly to avoid losing them,? the blog says. ?Before replacing the aligners, you need to brush your teeth. Remember, food particles in your teeth can stop the teeth from moving and will stain your aligners. You also have an increased risk of bad breath and cavities.?

Braces have the advantage of being the most tested method used to straighten and reposition teeth. No matter how bad one?s teeth are, braces can be used for almost all cases. Braces can be used to fix a variety of dental and facial issues, using archwire that pulls the teeth into the correct places. Braces are considered the most effective method of moving teeth. Braces have been known to produce better results than Invisalign, which is, in some ways, limited.

Advancements in technology have produced a greater variety of braces to choose from as well, meaning one need not stick to any particular type of braces. ?You don?t have to stick to the traditional brackets and wires. You can choose from ceramic and lingual braces that are less noticeable. Therefore, you can actually enjoy wearing braces without worrying about the metal wires,? states the blog post. Braces also offer much faster treatment than Invisalign.

Braces are not without their disadvantages too, however. Aesthetically speaking, braces are not usually very pleasant to look at. Most people feel very self-conscious walking around with metal bars over their teeth in certain spaces and would rather have invisible retainers. Braces also make brushing one?s teeth quite a difficult task, and failure to brush properly can lead to the build-up of plaque which in turn leads to decay and staining. There are also a number of foods and drinks that one must be wary of when they have braces, and some foods may even break the archwire from which the braces are made. One requires regular consultation to maintain the braces and have them adjusted to ensure their teeth are moving in the right direction.

With this in mind, it comes down to preference. As the blog post states, patients should explore all their options, ?and decide on the best option for you depending on the aesthetics, treatment time and also the office visits involved. Of course, you may need to consult with an orthodontist first before you settle on an ideal option.?

Read about Jessica Cohen Orthodontics here: Orthodontist Highland Park, IL. They offer both braces and Invisalign and can help one decide which teeth straightening method is better. Interested parties may contact Dr. Jessica Cohen directly for further details as well.

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Jessica Cohen Orthodontics

Equipped with the latest technology, Jessica Cohen Orthodontics in Highland Park IL, specializes in the diagnosis, prevention and treatment of dental and facial irregularities to improve oral health, self-confidence and whole-body health.

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