



## **Dentist in Northbrook IL Publishes Blog Post that Explains Whether Retainers Can Really Straighten Teeth**

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Northbrook Dentist Office, a dental practice in Northbrook, Illinois, has announced that they have recently published a blog post that explains whether retainers can really straighten teeth. Retainers are typically used to hold teeth in an optimal position after the removal of braces that have been prescribed for the purpose of aligning crooked or misaligned teeth. Most dentists will advise patients to wear a retainer for approximately 12 months after the removal of their braces. For the first four to six months, patients are to wear the retainers full time. After that, they can wear the retainers only before they go to sleep. Retainers are used as an adjuvant therapy for the purpose of maximizing the benefits of braces, by preventing the teeth from returning to their former position.

Dr. Steven Kacel, the head dentist at Northbrook Dentist Office, says, "It is important to note that retainers and braces work together, meaning that, contrary to popular belief, a retainer alone does not straighten teeth. For individuals with mildly crooked or misaligned teeth but do not want to wear braces, many dentists will recommend Invisalign as an alternative. For reference, Invisalign is a system of clear aligners made from thermoplastic trays that gradually move teeth into an ideal position as prescribed by a licensed dentist."

According Dr. Kacel, a dentist in Northbrook IL who has been offering his services to patients in the area for 33 years, Invisalign is a good fit for people with crooked teeth, protruding teeth, crowded teeth, overbites, slight gaps in-between teeth, underbites, or crossbites. Meanwhile, braces and retainers are usually recommended for patients with open bites, upper front teeth protrusion, severe spacing problems, crossbites, and severe crowding that affects chewing and speech.

In summary, the article points out that retainers alone do not actually straighten teeth but are used to help in keeping them straight after the removal of braces. In contrast, clear aligners, such as Invisalign, can gradually move teeth to an ideal position, which results in the teeth not just getting straighter but also healthier.

The Northbrook Dentist Office provides a number of dental services for patients in Northbrook and neighboring areas. These include porcelain veneers, porcelain crowns and bridges, dentures and partial dentures, cosmetic bonding, Invisalign, teeth whitening, treatment for snoring and sleep apnea, and digital x-rays and infrared cavity detection.

They specialize in dental veneers, which can be used to fix teeth that have been worn down, chipped, discolored, or broken. Porcelain veneers are very thin shells of porcelain that are colored to look just like teeth. They can be utilized to alter the size, color, or shape of teeth to provide the patient with a beautiful smile.

Meanwhile, dental implants can be used to replace missing teeth. Dental implants can offer several advantages, such as: enhanced appearance, improved speech, improved comfort, better eating, boost in confidence and self-esteem, enhanced oral health, and the ability of the implants to last for a long time.

Dr. Kacel also offers all kinds of porcelain crowns and bridges. Dental crowns, which are also known as "caps," provide functional and cosmetic benefits. They are typically used for chips and cracks; the last step after a root canal treatment; weak and decaying teeth; and missing teeth. All of the porcelain crowns offered at the Northbrook Dentist Office are totally metal-free and are customized to fit the size, shape and color of the patient's teeth.

Dentures are used for patients with bite issues or who have teeth that have decayed beyond potential repair. Partial dentures may also be provided to replace teeth that have been lost, particularly when some healthy teeth are still present. The partial denture is created in such a way that it will fit into those areas where teeth were lost.

People who are in need of dental services may want to check out the Northbrook Dentist Office website at <https://northbrookdentistoffice.com/>, or contact them on the phone, or through email.

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For more information about Northbrook Dentist Office , contact the company here:Northbrook Dentist Office  
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## **Northbrook Dentist Office**

*Our Northbrook dental facility is state of the art, providing high level services to individuals of all means. Dr. Kacel D.D.S., M.A.G.D., F.A.D.I. is a specialized dental provider and has been serving patients throughout the community for 33 years.*

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