

10 Questions Everyone Has About Getting A Smile Makeover With Invisalign

Your teeth are the first thing that anyone notices when you talk, and there have been sufficient [studies](#) that have reinforced the long-standing stereotype – people are attracted to straighter and whiter teeth.

As people tend to grow increasingly conscious of their appearance and hygiene, there has been a resurgence in the number of people visiting the dentists to have a complete inspection of their oral hygiene, and further, eliminate any problems that adversely affect their teeth – such as misalignment of teeth.

As one of the most effective ways to treat misaligned teeth, Invisalign has garnered special attention in recent years. As curiosity around these ‘clear braces’ continues to grow, here we answer the top 10 most frequently asked questions.

What Actually Is Invisalign?

There seems to be relative confusion as to what actually is Invisalign. An Invisalign treatment entails providing a remedy for misaligned and crooked teeth by wearing a set of clear and removable ‘aligners’ that eventually work to straighten your teeth.

Invisalign was actually introduced to rival traditional braces – removing the excessive problems that come with metal brackets, wires, and a load of restrictions.

What Are Invisalign Made Of?

The most distinct feature of the Invisalign is their clear color, which comes from flexible plastic. The flexible plastic is made of a patented thermoplastic material named ‘SmartTrack.’

It is a trademark material which is produced specifically and exclusively for Invisalign. The advantage of this material is that it’s approved by the Food and Drinks Authority (FDA) and is free from any latex or gluten that can cause allergic reactions in some people.

Is Invisalign Expensive?

Questions regarding the cost of the treatment are most frequent among patients. In the case of Invisalign, it is very affordable and not expensive at all.

For most customers who require Invisalign, the cost falls around the same price as a normal set of braces. However, the true cost of the treatment is dependent on your dentist's analysis and how many aligners you require.

Is Invisalign Painful?

No. Invisalign is very comfortable and doesn't cause pain to the patient. Particularly when compared with traditional metal braces, Invisalign doesn't hurt at all.

The only cause of pain can be mild soreness initially as the teeth take time to adjust to the aligners. Other than that, another source of discomfort might be the presence of an external component (Invisalign) in your mouth.

While patients needed weeks to develop callouses to combat metal-induced sensitivity, Invisalign needs considerably lesser time for your mouth to adapt to it. One thing that patients need to remember when opting for Invisalign is the fact that it constitutes as orthodontic treatment.

A little soreness in exchange for straighter teeth and a healthy smile is not a bad deal, right?

How Does Invisalign Work?

Unlike traditional braces, Invisalign makes use of the latest technology that maps out the exact surface and movement of your teeth. This mapping process is done digitally to ensure the aligners are a perfect fit and don't need the 'tightening' associated with braces.

Dentists who use Invisalign ensure it is designed to enforce the right amount of force at the right place so your teeth are aligned without any discomfort.

Can I Eat With My Invisalign Aligners On?

The great thing about using Invisalign is that they prove no hurdle when enjoying a visit to your favorite burger joint. For anyone who has worn braces, you may remember the restrictions imposed on the foods you can eat.

Invisalign is removable, which means whenever you're eating, drinking, brushing, or flossing – you can simply remove your aligners. Just make sure to put them back on when done, as the more you wear them, the faster your teeth straighten.

Do You Need 'Attachments' With Invisalign?

No. Not every patient requires attachments when using Invisalign.

However, while we're discussing attachments, some patients do require them (which are small, tooth-colored shape tagged to your teeth) as they provide a 'handle' for the aligners. Invisalign needs something to attach to or push on as it attempts to straighten your teeth.

Do Aligners Regular Maintenance?

Aligners are attached to your teeth, so even if they don't need regular maintenance and rewiring – you would be wise to do your due diligence to keep them clean.

Experts recommend cleaning them using a toothbrush and toothpaste, gently. To wash the aligners, make sure you only use lukewarm water. It is important to note that **never** use hot water as it could permanently disfigure your aligners.

In addition to maintenance, food and drink residue can cause aligners to stain. This is why dental hygiene experts advise brushing after every meal, particularly when you have aligners on.

Lastly, when asking about maintenance, patients often question if the aligners need to be sterilized if they are dropped somewhere. As they are to be fitted in your mouth, ensuring maximum cleanliness is imperative.

Using hot water for sterilization can prove very costly, so avoid using hot water for sterilization. For cleanliness, Invisalign offers its own 'Cleaning Crystals' that will clean your aligners and eliminate any impurity that can harm you once you put them on.

In addition to bacteria elimination, Invisalign Cleaning Crystals can even remove plaque in 20 minutes to give you clean and neat aligners.

Do Aligners Need To Be Changed Regularly?

Yes. For maximum effectiveness and to ensure the teeth-straightening process continues, aligners need to be replaced frequently.

How frequently should you get your aligners replaced is best answered by your dentist, but most dentists instruct on replacing the current set every one or two weeks.

What If I Break My Invisalign Braces?

Invisalign is not easily breakable, so rest assured that routine usage would not harm the structural strength of the aligners.

However, if you do find yourself in a situation where you have broken your aligners, make sure to contact your dentist ASAP. Only the dentist you work with will know about your current progress and is the best person to advise whether you should wear a previously used set of aligners, go for the next set of aligners or just simply order a new one.

[Invisalign](#) utilizes cutting-edge technology to provide you with a teeth straightening solution that is more effective and less painful than any other. If you have any more questions, feel free to [contact](#) Orchard Scotts Dental.

Short Summary: Invisalign has risen to prominence as the revolutionary method for a straighter, healthier smile. But people are still confused as to what is Invisalign? Here we answer some of the most asked questions about Invisalign and how it works.

Tweet: Do you know what Invisalign is? The revolutionary technology that makes teeth straightening so much easier? Read on to know all about Invisalign and how it works.

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