
Invisalign vs. Braces
What is Best for You?



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Invisalign vs. Braces: What is Best for You?

If you want to straighten your teeth and correct the alignment of your bite, traditional braces and Invisalign are your primary options. There are advantages and disadvantages to both. Adults tend to prefer Invisalign because it does not involve brackets and wires, and is virtually invisible. But Invisalign is not appropriate for everyone. It cannot treat everything that traditional braces can correct.

The choice between Invisalign and traditional braces will depend on your unique dental needs, your personal priorities, and your budget. Ultimately, you will need to discuss it with your dentist to find out what will work best for you. In the meantime, here are the basics to help you determine which one you may prefer.

Advantages of Invisalign

- Invisalign aligners are clear so other people don't notice them. Invisalign is aesthetically pleasing and no one will know you are straightening your teeth.
- For the reasons above, Invisalign has no impact on special occasions and photos.
- The smooth plastic will not irritate the inside of your cheeks and lips or cause sores like brackets and wires tend to.
- You can eat whatever you want because you take the aligners out while you eat.
- Dental hygiene is easy, because you remove the aligners to brush and floss.
- You do not run the risk of plaque buildup, tooth decay, and discoloration that can occur as a result of having brackets glued to your teeth.
- No risk of dental emergencies as a result of broken brackets or wires.
- The movement of your teeth is gentler and more gradual, so it is less painful.



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Advantages of Braces

- Braces can be used to treat more complex and more severe problems than Invisalign.
- Braces can be less expensive.
- You can snack as frequently as you need or like to, and without hassle, because you do not remove braces to eat.
- There is no risk of losing your braces.

