

Clear Aligners in Woodruff, WI – The New Way to Wear Braces

The Benefits of Clear Aligners
In the past, if you wanted to wear braces, you had to deal with the metal wires and brackets. But now, there is a new way to wear braces that is much more comfortable and convenient – clear aligners. [Clear aligners](#) are made of a clear, plastic material that is virtually invisible when you wear them. Plus, they are removable, so you can take them out for eating and brushing your teeth.



How Do Clear Aligners Work?

Clear aligners work by gradually shifting your teeth into the correct position. You will need to wear them for at least 22 hours per day, and you will need to change them out

every two weeks or so. The number of aligners you will need will depend on the severity of your tooth alignment issue.

Once your aligners are ready, you will come in for a fitting. At the fitting, Dr. Smith will ensure that the aligners fit comfortably and that they are not too loose or too tight.

The Benefits of Clear Aligners

1. They Are Invisible

This is the most obvious feature of clear aligners such as Invisalign® and ClearCorrect. These appliances are almost undetectable while being worn on the teeth, and eliminate the need for brackets and metal wires.

2. They Are Convenient

With clear aligners, you can remove them and put them in a case while eating, which allows you to eat anything you want — unlike traditional braces that limit your menu options to foods that are not hard, chewy or brittle.

3. You Will Be Less Prone To Chronic Conditions And Injuries

Misaligned teeth can have a negative impact on your oral and overall health. Skewed teeth can grind over each other, resulting in enamel damage. And teeth that protrude can harm the inside of your mouth, causing discomfort. Speech problems and headaches may even develop as a result of misaligned teeth. Through the help of aligners like Invisalign®, you can fix your current dental issues and protect your mouth from future problems.

4. Maintaining Proper Dental Hygiene Is Easier

Besides taking out the aligners when you want to eat, there is another benefit associated with removable clear aligners: you can [clean your gums](#), teeth, and other

dental parts thoroughly. Removable aligners can be cleaned separately, and you will not have to try and maneuver your toothbrush around delicate wires and brackets.

5. You Avoid Common Pitfalls Of Metal Braces

Metal braces carry an assortment of side effects not seen with clear aligners.

Some of the issues faced by traditional metal brace-wearers include:

Oral Abrasion

A common issue endured by many who wear metal braces is abrasion-type injuries to the inside of the mouth caused by broken brackets and wires poking loose. With no brackets or wires to worry about, clear aligners avoid this issue altogether.

Flossing Challenges

It's no secret that trying to effectively floss teeth that are braced with metal brackets and wires is a challenge – sometimes resulting in frustrated young patients giving up flossing altogether while their braces are on (which leads to a whole host of other tooth decay-related problems).

Clear aligners, on the other hand, are removed for brushing and flossing, eliminating this problem – so flossing can continue unhindered.

Risk Of Discoloration

White spot lesions are sporadic side effects that can occur after wearing metal braces for a long time – the brackets can discolor, creating an undesirable mismatch on the teeth. Fixing this problem can be challenging, as discoloration such as this does not respond well to most whitening treatment methods. (However, you can help prevent this issue with traditional braces by brushing and flossing regularly in between the brackets

as your dentist has shown you, avoiding sugary foods, and eating a clean, healthy diet.) Compared to metal braces, clear smile alignment treatment carries no risk of this type of problem developing, as there are no brackets attached to your teeth to cause discoloration.

6. You Will Know What To Expect

With Invisalign®, patients go through a fully computerized treatment schedule. Hence, it's easy to know what to expect and the treatment duration they will need to undergo for their complete smile makeover. With metal braces, the treatment schedule isn't quite so firm, and the end result may be a little more difficult to predict.

7. Treatment Time May Be Reduced

When it comes to duration, clear aligners may reduce treatment time by up to half compared to alignment using metal braces. Generally, it only takes up to twelve months for clear aligners to treat your alignment problem, while it can take more than two years if you are using traditional metal braces. Only your dentist can advise you properly and provide a treatment time estimate based on your individual alignment issues.



Clear aligners are the new way to wear braces – and they have many advantages over traditional braces. If you live in Woodruff, WI, [contact us](#) today to learn more about clear aligners and whether they are right for you!

