

Teeth straightening options: which is best?

Quick Read Information Sheet v4

A quick read, one page information sheet.

We have two of the best teeth straightening options. We'll tell you why and what they are; the choice is then up to you.

What teeth straightening treatments are there?

Bamboo offers two teeth straightening treatments – Six Month Smiles and Invisalign®. Both known worldwide for their amazing results. They are cosmetic treatments for adults. They achieve straight smiles a lot faster than the traditional treatments. This is because we only focus on the teeth you show when you smile and do not focus on making significant changes to your bite.

What is the difference between the two?

Essentially, one is a tooth coloured fixed appliance, and the other is 'clear' and removable. The Six Month Smiles uses tooth coloured wires and clear brackets to straighten your teeth. They are like your typical 'train-tracks' but a lot more discreet as they blend in with the colour of your teeth. The Invisalign uses a set of clear (nearly invisible) removable aligners.

Which one gives the best results?

Both. Both are lifechanging. It really depends on the individual's teeth and personal preference. In the end, the results will be the same. Some cases are more suited to the Six Month Smiles because our dentists have more control over the movements of the teeth. Others will be more suited to Invisalign. We will talk you through both options and advise if one would be better suited to you.

Which one is faster?

On average, we find that the Six Month Smiles is faster than the Invisalign and the treatment times are more predictable. The Six Month Smiles lasts on average six months. Some can take a little longer and some a little less depending on the individual. Invisalign will vary depending on the number of recommended aligners. (Lite or Full), Up to 14 aligners (Invisalign Lite) is usually between 4-6 months and unlimited aligners (Invisalign Full) is usually over six months. Sometimes there may be a need for additional aligners.

Which one is best?

If you are suitable for both, then both will achieve the straight smile you are looking for. The choice then, really, is up to you. It may come down to lifestyle and how easily you can live with each option. Once the braces are fitted, the Six Month Smiles does its magic (thanks to our dentists) without you having to worry about it, and is always the more suitable option when time is of the essence, for instance an upcoming special event.

In comparison, with Invisalign, you have to be strict with your aligners. Unless told otherwise, the aligners need to be changed weekly as each set move your teeth slightly closer to the end goal. They must be worn every day for at least 22 hours a day and must be removed to eat or drink anything other than water. This is great if you want some flexibility to be able to take them out for special occasions such as birthdays or weddings. But you must remember to put them back in. Setting reminders in your phone calendar helps!