

Top 25 Invisalign® Questions

Deep Dive Information Sheet v3

Invisalign® is now one of the most popular clear aligner teeth straightening treatments, not just in Cardiff, but in the world. With such popularity comes a huge amount of questions. Here are the top 25.

1. What is Invisalign®?

Invisalign® is a revolutionary teeth straightening system that uses clear aligners to straighten your teeth. The system is unlike traditional braces. You don't need to have brackets stuck to your teeth. They are removable and nearly invisible which is perfect for those wanting some flexibility around their lifestyle. It comes in three packages: Express i7, Lite and Full.

2. How does Invisalign® work?

Invisalign® uses a series of clear aligners to create your new, straight smile. First, you'll come in for a consultation where our dentist will take some scans of your current teeth. The advanced 3D smile scanning software will then generate a model of how your teeth look. This is called a Clincheck. You will be able to see exactly how your teeth will move throughout the weeks until the end results.

Once both the dentist and patient are happy, this treatment plan is then sent off to the state of the art labs where they'll create your series of aligners. Each set of aligners will be slightly different and will move your teeth closer to the desired result. You will wear each aligner in the set for 1 week before moving onto the next one.

3. How invisible is Invisalign®?

Invisalign® is very much unnoticeable and almost invisible to the naked eye (unless you are up close!). Here's an example of how the aligners look so you can get an idea as to just how discrete looking they are. Invisalign is the most discreet system available.



4. How many hours a day do I need to wear my aligners?

It is recommended that you wear your Invisalign® aligners for 20-22 hours per day. You should only take them out to eat or drink anything other than water. If you choose to wear the aligners for less, then the length of your treatment will likely increase. So, a level of discipline is required!

5. What is the average treatment time for Invisalign®?

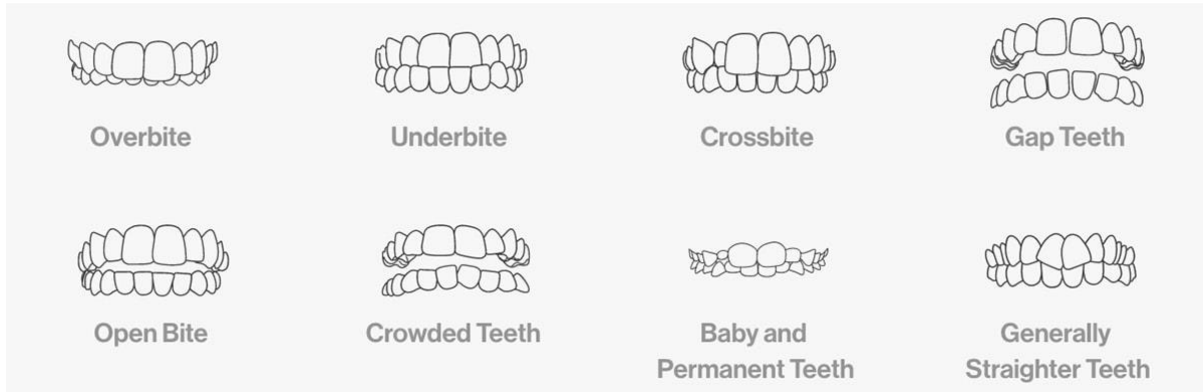
The treatment can take anywhere between 7 weeks (i7) through to 14 weeks (Lite) and up to 2 years (Full) but the majority of patients will complete treatment within 4 to 6 months.

6. What age person can have Invisalign®?

At Bamboo Cosmetic Dentistry, our Invisalign® treatments are only available for adults (18+).

7. What kind of corrections can Invisalign® fix?

Invisalign® can fix a wide variety of corrections ranging from underbites all the way to gapped teeth. Take a look below at the range of corrections Invisalign can fix.



8. How does Invisalign® look when worn?

Invisalign® looks almost invisible to the naked eye whilst being worn. Check out this example of a patient who is wearing the retainers. You'd have to be very close up to even notice they had the clear aligners in!



9. How much does Invisalign® cost?

The cost of Invisalign® varies greatly and depends on several factors. For example, if you have a mild case of misaligned teeth that takes just a few months to fix then you'll find the price is likely to be lower than someone requiring a big movement over 12 months. In the same vein of thought, those patients requiring only one arch to be straightened will be charged less than those requiring top and bottom corrected. Please check our Prices page for up to date prices of our Express, Lite, and Full packages.

10. I am pregnant, can I continue with my Invisalign® treatment?

As long as your x-rays and scans are done before conception, then it is safe to continue with your Invisalign® treatment. Please check with your dentist first.

11. How often will I see my dentist after having Invisalign® fitted?

Typically, you will need to pop in to see your dentist once every 4 to 6 weeks. Having the close eye of an experienced cosmetic dentist will ensure that everything is moving in the right direction!

12. Is Invisalign® painful?

You may feel some slight discomfort in the first few days of wearing a new set of aligners. This is a good thing and a sign that the aligners are working to move your teeth. The discomfort can be described as a slight feeling of pressure and goes away after a couple of days.

13. Can I switch to Invisalign® from a different type of brace?

Sure, if you have had a fixed brace fitted by another dentist and you simply cannot get on with it then yes, switching is certainly an option for you.

14. I had braces before and didn't wear my retainers. Can Invisalign® help me?

We get many cases every week where this exact situation occurs. You had braces whilst younger and gradually stopped wearing your retainers or perhaps even lost them. As time goes on, your teeth start to move back to the way they once were. But do not fear, Invisalign® works perfect for situations like yours! After the treatment, you will be fitted with a fixed retainer behind your teeth which will help avoid future tooth relapse.

15. What foods can I eat whilst wearing Invisalign® clear aligners?

One of the most favourable benefits of Invisalign® is the little to zero impact it has on your lifestyle. Yes, that means you can eat your favourite foods. It is important to note though, that you must remove the aligners to eat or drink anything other than water. You also need to be on top of your dental hygiene – after eating, floss & brush your teeth and then place your aligners back in.

16. What's the best way to clean my Invisalign® aligners?

The best way is to make use of the Invisalign® Cleaning Crystals which can be obtained from your Invisalign® starter pack, although there are many different options online, simply search for 'retainer cleaning tablets'. Alternatively, you can simply use a spare toothbrush and toothpaste with a little cold or lukewarm water. It's important NOT to use hot water as this could distort the retainer.

17. What is the difference between Invisalign® and fixed braces like Six Month Smiles?

These two teeth straightening treatments are different yet they give the same results. Whilst Invisalign® uses clear, removable aligners to straighten your teeth, Six Month Smiles uses fixed clear brackets. What does this mean for you? Well, Six Month Smiles will generally straighten your teeth much faster but the brace, whilst still discreet, is not as invisible as Invisalign®. You may prefer the flexibility that comes with having a removable brace, or you may prefer to wear a fixed brace knowing you cannot cheat and leave it out of the mouth.

19. What happens if I break my Invisalign® aligners?

If your aligner breaks – don't panic! Just contact us as soon as it happens as we will have to order you a new one. There may be a fee. That being said, Invisalign® aligners are very durable; you are unlikely to find yourself in this predicament.

20. How long do you wear retainers after Invisalign®?

Once you have finished your treatment, you will be fitted with a fixed retainer placed behind the front six teeth. You will also be given a removable retainer which will need to be worn day and night for six months and then every night for life to help avoid the possibility of your teeth moving.

21. Who is a good candidate for Invisalign®?

Invisalign® has become a worldwide teeth straightening treatment for lots of people. Whether you have gapped or crowded teeth, Invisalign can fix it. If you do have very severe alignment issues or issues with how your back teeth bite together then it may be that a more comprehensive treatment with a traditional fixed brace is needed.

22. Are there monthly payment options for Invisalign®?

Yes, we do have monthly finance plans available at 0% up to 24 months. That means you can pay for your smile monthly at no extra cost - perfect!

23. Will wearing Invisalign® affect my speech?

Some people may have a slight change in speech for a few days until they're used to wearing the aligners but for the most part, your speech should not be affected.

24. Can I chew gum with Invisalign®?

No, you must not chew gum whilst wearing the aligners.

25. I went on a trip and forgot to take my aligners with me. Will my aligners still fit?

It really depends on how long you were away for. If it was a short time, then there is a good chance that they may still fit but may be slightly uncomfortable. If they don't fit anymore, please call us as soon as possible so that we can advise you further.