

Does Your Smile Reflect the Real You?

invisalign® makes it easy to straighten your teeth without braces



**Article contributed by:
Dr. L. Liang**

Bayview Dental Centre

As a dental care team we see patients living with crooked teeth and never seeking a solution. Many adults took pain to cover their mouths when they smile to hide their less-than-perfect front teeth. But some still refused to go through the extensive orthodontic procedures because the thought of metal braces – “railroad tracks” - had stopped them cold.

Crooked teeth – malocclusion (“poor bite”) – can have serious consequences. Beside the obvious esthetic concern, misaligned teeth can be difficult to clean, making you more prone to gum disease, tooth decay and tooth loss. They can also cause advanced wear of tooth structure because they don’t “fit together” properly. When that happens, the stress that is placed on the temporomandibular joints (TMJ), or jaw joints, can cause tension headaches and jaw and sinus pain. A bite guard is often prescribed to relieve stress on the joints temporarily. However, a committed period of time with orthodontic treatment can easily realign the teeth and correct the problem permanently.

It’s estimated that over one million North American adults are wearing braces. And there have never been more options for straightening your smile without the pain and embarrassment of wearing old fashioned braces. Besides the conventional metal brackets, there are ceramic ones available that blend into the colour of your teeth so the only thing that is obvious to the eye is the metal wire. Lingual(on the tongue side) braces are the ultimate “invisible braces”. They have been around for decades but are also the most painful and time consuming way to correct malocclusion.



Invisalign®, the nearly invisible braces, is the newest member of the modern braces family. It straightens your teeth with a series of clear, customized, removable aligners. Comparing to conventional braces, invisalign is a gentle, low-pain approach that is preferred by more adults than metal or ceramic brackets. Hardly anyone can tell you’re going through treatment and because the aligners are removable, you can eat whatever

you want during treatment. Average treatment time is only about a year, depending on the state of crowding. Because Aligners are removable you can continue to eat your favorite foods while brushing and flossing normally to keep your teeth and gums healthy. They are so comfortable you will see yourself smiling as your teeth line up right before your eyes.

With a multitude of options available, there really is a set of braces for everyone and every age. To see if **invisalign**[®] is right for you, call us at (604)277-BITE to schedule a consultation. We will review the state of your teeth crowding and go through options best suited to your needs.

For more information on invisalign, visit www.invisalign.com

