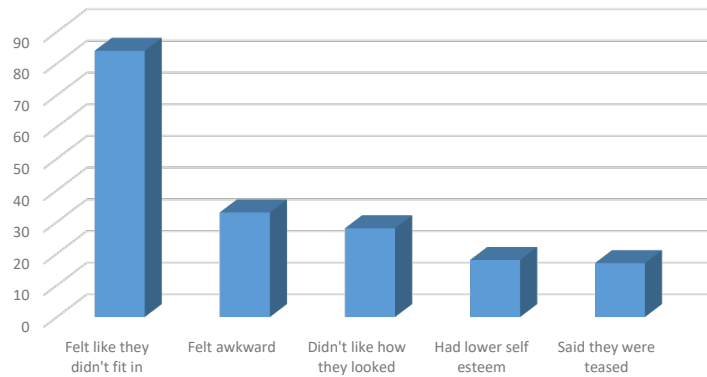


Milnor
ORTHODONTICS



Everything You Need to Know About Invisalign Teen[®]

2014 Survey Among Teens with Braces



Not Every Teen Wants Braces

If your teen doesn't want to wear braces, he or she is not alone. According to a 2014 survey, among teens with braces:

- 84%** felt like they didn't fit in
- 33%** felt awkward
- 28%** didn't like how they looked
- 18%** had lower self esteem
- 17%** said they were teased

Fortunately, there's another way for your teen to get a straighter, healthier smile - Invisalign Teen.



What Is Invisalign?

Invisalign is a nearly invisible alternative to classic metal braces. This highly personalized orthodontic system creates clear plastic aligner trays designed specifically to fit the shape of your teeth.

Your orthodontist will give you aligners made at the Invisalign laboratory that will slowly shift your teeth. Each tray is worn for one week, then it is replaced with a new one. Eventually your aligners will have your teeth straight and just the way you want them.





What Makes Invisalign Teen Different?

The process behind Invisalign Teen is the same as Invisalign for adults. However, the teen version offers some additional features that make them more teen-friendly, and may make some adults jealous!

Free replacement trays - One of the biggest concerns parents have about teenagers getting Invisalign is they will lose or break their aligner trays. To put parents at ease, the manufacturers of Invisalign offer six replacement trays throughout every teen's treatment for no additional cost.

So if your child loses, breaks, or accidentally throws their Invisalign tray away, you'll be able to get a replacement in no time. Yep,

this is definitely a feature adults may envy because, let's face it, life happens and things get lost or broken.

Built-in usage monitoring system - Invisalign does not want you to worry about investing money in treatment that will not be used by a forgetful teenager, so they make it easier to monitor if your child is wearing their aligners. Each tray comes with a compliance indicator, which is a small blue dot on the back of the tray. It slowly fades as your teen wears the trays. If the dot is still really blue after several days, that means your child has not been keeping up with their treatment and has not been wearing their trays enough.

Room to grow - There are general guidelines for when adult teeth should replace baby teeth, but everyone is different. In case your teen doesn't have all of their adult teeth by the time they start their orthodontic treatment, Invisalign Teen leaves room for incoming teeth so they don't have to delay treatment.





How Long Does Invisalign Teen Take?

As with any other orthodontic treatment, the length of time it takes to get your perfect smile depends on many factors, including how many teeth need to be moved, how far they need to be moved, and in the case of Invisalign, how often the aligners are worn vs. how long they are left out.

Teens who decide to use Invisalign can expect to be in treatment anywhere from 9 to 24 months. During this time, the teen will need to wear the plastic aligners at least 22 hours a day for the treatment to be effective. Regular checkups with your orthodontist will ensure the treatment is going according to schedule, and if things aren't progressing as expected, changes can be made. Once treatment is complete, your teen will need to wear a retainer, just like they would after braces.



Invisalign Teen vs. Braces

There are many reasons to opt for Invisalign instead of regular braces.

1. Because the Invisalign trays are practically invisible, your teen can work toward the smile they've always wanted without anyone knowing.
2. Unlike silver braces, there are absolutely no restrictions on what foods can be eaten because the Invisalign aligners are removed when your teen eats or drinks. (It is still important to brush after eating before the aligners are reinserted.)
3. If your teen plays a musical instrument, Invisalign eliminates the discomfort of brackets and wires being pushed into their lips by a mouthpiece.
4. Invisalign does not affect your child's ability to participate in sports.



The Process Couldn't Be Easier With i-Tero

Once you and your teen decide Invisalign is the way to go, getting started is easy! We use i-Tero technology instead of messy impressions to get an accurate snapshot of your teen's teeth. This information is sent directly to Invisalign and the first set of aligners are created.

We can also use i-Tero to show you and your teen what their teeth look like now, and what they'll look like after their successful Invisalign treatment. Once we receive the aligners from Invisalign, we'll show your teen how to insert and remove them and review the guidelines to follow to make their treatment a success. Then we'll schedule follow-up appointments every 10 weeks or so to review their progress and give them their next set of aligner trays.



Is Invisalign Right for Your Teen?

As with any other type of orthodontic treatment, Invisalign Teen isn't for everyone. The addition of buttons and attachments to Invisalign allows it to tackle more difficult cases than using the aligner trays on their own, but there are still some issues that are best corrected by traditional metal braces.

Your teen's level of maturity and responsibility also needs to be taken into account. If your teen is prone to losing or breaking things on a regular basis, even six free replacement trays may not be enough to get him or her through 18 months of treatment. The blue compliance indicators will show whether or not the aligners are being worn enough, but they will not force your teen to wear them. It will be up to your teen - or you - to make sure the trays are being used enough to make the treatment effective.



Talk to Your Teen and a Qualified Orthodontist

It's important to talk to your teen before you sign up for any type of orthodontic treatment. In a Teen Confidence Survey, moms and teens were asked the same questions and their answers were compared. The study found that while only 18% of moms thought their teens would be embarrassed by wearing metal braces, over twice as many teens (41%) said they would be embarrassed. Moms also underestimated the embarrassment teens feel about having crooked teeth.

After discussing it with your teen, the best way to find out if Invisalign Teen is the right choice is to talk to an orthodontist who is certified in Invisalign and has successfully used the treatment on numerous patients.



Contact Dr. Laura Milnor

Dr. Milnor is a certified Invisalign specialist who has helped countless patients achieve their perfect smile through Invisalign. Schedule a free consultation for you and your teen to learn more about Invisalign Teen.

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