



Dr. Jill Bruno
ORTHODONTICS

Is Invisalign® Right for Your Teen?





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Unlike when you were a kid and silver braces were the only option for straightening teeth, there is now a clear aligner alternative called Invisalign Teen. While Invisalign is a great option for many people, is it right for your teen? Here is the 411.

What Is Invisalign?

Invisalign gradually moves teeth over several months, just like braces do. But instead of using metal wires and brackets that are attached to the teeth, Invisalign uses a series of clear removable aligners. Each set of aligners is worn for 7-14 days, then replaced with a new, slightly-different set until the teeth are in their proper positions.



Benefits of Invisalign vs. Braces

While braces are a very effective way to straighten teeth, many patients are discovering they prefer Invisalign for a variety of reasons.

Made from clear plastic. Because the aligners are clear plastic, they are virtually invisible. This can be a big benefit for teens who are self-conscious or worried about getting teased if they get braces. Many of our patients have also found the plastic aligners to be more comfortable than metal brackets and wires.

Removable. Invisalign aligners are not permanently attached to any teeth. In fact, they should be removed every time food or a beverage (other than water) is enjoyed. Brushing and flossing is also much easier to accomplish since the aligners are removed while a patient is cleaning their teeth.

Less time-consuming. Invisalign often requires fewer appointments, which means less time spent commuting to the orthodontist. Plus, any necessary appointments are shorter because there are no wires to adjust or rubber bands to replace.

Eat what you want! There are no dietary restrictions like there is with braces.



What Makes Invisalign Teen Different

Invisalign Teen works the same as Invisalign for adults, but it comes with a few features the adult version doesn't.

1. The smaller incremental movements reduce discomfort.
2. What if your teen loses or breaks an aligner? No problem! They can move to the next aligner or we can order a replacement aligner.
3. Aligners allow room for adult molars and wisdom teeth to erupt without disrupting treatment.
4. Dr. Bruno can program very precise movements reducing the overall treatment time compared to traditional braces.



Can't I Just Get Mail-Order Treatment for My Teen and Save Money?

Mail-order orthodontic treatment companies advertise the cost savings and convenience of using their product rather than going to an orthodontist. While it might be convenient to never drive to a physical office for an appointment, the quality of treatment you give up far outweighs the inconvenience of a few in-person exams.

- For starters, you have to take your own impressions and submit them to start treatment.
- There is no oversight by a trained doctor or staff, which leaves plenty of room for error.
- X-rays are not taken either, so any issues under the gums or with jaw alignment are not addressed.

- Follow-up is done through photos taken on your cellphone rather than actual exams.
- All of these factors add up to most patients receiving subpar results.
- As for cost savings, the mail-order treatment prices are based on correcting minor issues.

If your teen has more complicated issues, or problems under their gums or with their bite alignment, none of these will be resolved without seeing an orthodontist who will take x-rays and 3D images before and during treatment and make adjustments as needed.





What Invisalign Teen Can Fix

Today, Dr. Bruno can correct severe crowding and crookedness thanks to advancements in Invisalign's technology. Invisalign can also now be used to correct bite issues with the use of elastics, just like braces. So there are very few smiles that Invisalign Teen can't fix.



How Much Does Invisalign Teen Cost?

The cost of Invisalign Teen varies depending on the amount of treatment needed and which orthodontist you choose. While some orthodontic offices charge more for Invisalign, at Bruno Orthodontics the treatment fee is the same whether your teen choose braces or Invisalign Teen.





Is My Teenager Ready for Invisalign Teen?

Only you and your teen can decide if your teen is ready for the responsibility that comes with having removable treatment. At Bruno Orthodontics, we are proud to say we have a 98% rate of wear with our teen patients! Now that is something to smile about.

Lost or broken aligner? No problem, simply pay a small shipping fee for a replacement.

For most teens, seeing their smile gradually improve is all the motivation they need to wear their aligners regularly. Being able to eat what they want and brush and floss normally is an added bonus.



Want to schedule a consult?

Please visit brunosmiles.com to schedule your visit. We offer both in office and virtual appointments.

Bruno Orthodontics is conveniently located in Chevy Chase, MD. Our office combines award-winning design with exceptional individualized orthodontic care for you and your family.

We are proud to be a **Diamond+ Top 1% Provider of Invisalign** for kids, teens, and adults. We love creating beautiful smiles and welcome any questions you may have about treatment.

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[Click here to schedule your appointment](#)