Dr. Blair Bittner: Comparing Invisalign to Traditional Braces



Dr. Blair Bittner is a dentist based in the San Francisco Bay Area is a former certification instructor for [Invisalign](http://www.invisalign.com/Pages/default.aspx) with Align Technologies. She is also the recipient of multiple Invisalign Innovator Awards.

In recent years, Invisalign technology has become a popular method used to straighten teeth. While traditional methods such as braces remain effective, Invisalign technology offers several advantages that may interest both patients and dental providers.

Invisalign and braces both work to straighten teeth and can effectively treat a number of issues including spacing and crowding. Both methods are also similar in cost. With Invisalign, patients are able to enjoy any number of foods and can remove the device anytime. Unlike braces, Invisalign also allows individuals to perform normal dental care such as brushing and flossing and may be more comfortable for the patient because of the technology's smooth plastic molding that fits close to the teeth. In terms of cosmetic appearances, the technology allows for near-invisible straightening and lessens the burden that comes with multiple visits to the dentist.