The Advantages and Benefits of Invisalign for Dental Treatment

By Blair Bittner

For almost 15 years, Blair Bittner, DDS, has practiced general and cosmetic dentistry in California. Dr. Blair Bittner’s professional certifications include instruction and training in [Invisalign](http://en.wikipedia.org/wiki/Invisalign) cosmetic dental procedures.

For individuals seeking to improve both their smile and their overall dental health by correcting misaligned teeth, Invisalign offers an alternative to traditional metal braces. Made of plastic, Invisalign is a set of custom-fitted, removable aligners that are worn over the teeth. As teeth shift, dentists fit replacement aligners to conform to the teeth’s changing positions and to facilitate further realignment.

Because Invisalign can easily slip on and off, users can wear the aligners with greater ease and fewer restrictions than other teeth-straightening devices. Wearers can remove the aligners for daily proper teeth brushing and flossing and then position them back into place. In addition to permitting users to clean their teeth regularly, Invisalign works to improve overall dental health by enabling gums to develop properly around correctly aligned teeth. When teeth are misaligned, gums cannot fit correctly around the teeth. This creates the potential for periodontal disease. By realigning teeth to their correct positions in the mouth, Invisalign facilitates proper gum development and overall dental health.