The Benefits of Invisalign by Blair Bittner

Having treated dental patients in northern California since 1998, Dr. Blair Bittner specializes in Invisalign, a clear and more convenient alternative to traditional metal braces. In an effort to hone and share her expertise with her colleagues, Dr. Blair Bittner served as a speaker and certified instructor for Align Technology, Inc. In that position, she trained and certified dentists from around the country in Invisalign so they in turn could offer this service to their patients.

[Invisalign](http://en.wikipedia.org/wiki/Invisalign%E2%80%8E) provides a number of benefits:

Easier cleaning – With traditional braces, food can easily get trapped in the wires and brackets, which can result in plaque buildup and, ultimately, tooth decay. With Invisalign’s removable trays, it is much easier to remove trapped food and clean the aligners, which also enables patients to brush and floss as they normally would.

Healthier teeth – If teeth are too crowded or too widely spaced, this can result in swollen gums and lead to periodontal disease. With Invisalign, the aligners help teeth move into the proper position, which results in healthier gums and teeth.

Transparency – Unlike traditional braces, Invisalign trays are virtually invisible. Patients can take comfort in knowing that they are doing what needs to be done to straighten their teeth while making the treatment more cosmetically acceptable.