



**invisalign** | *teen*

With school, sports, and hanging out with friends, metal braces may not be a particularly enticing orthodontic option for teens. Now there's an alternative that provides the benefits of traditional braces with the convenience of clear, removable aligners. Invisalign Teen® takes a modern approach to straightening teeth. With a series of clear aligners that gradually straighten your teeth, Invisalign Teen is comfortable, affordable and effective. And without brackets and wires, you'll have the confidence of a great smile even during treatment. Invisalign Teen straightens your teeth with a series of clear, removable aligners—so you can continue brushing and flossing the way you normally do. And without braces, it's easier to maintain better oral hygiene.

## **Frequently Asked Questions**

### ***Are there restrictions as to what I can eat or drink while in treatment?***

No. Thanks to the removable nature of the aligners, you can eat and drink whatever you want while in treatment. In fact, you're required to remove your aligners to eat and drink. So, unlike undergoing traditional treatment using wires and brackets, there is no need to restrict your consumption of any of your favorite foods and snacks unless you are instructed otherwise by your doctor. Also, it is important that you brush your teeth after each meal and prior to reinserting your aligners to maintain fresh breath and proper hygiene.

### ***Will Invisalign treatment be painful?***

While Invisalign moves your teeth without the pain and anxiety metal braces can cause, some people experience temporary discomfort for a few days at the beginning of each new stage of treatment. This is normal and is typically described as a feeling of pressure. It's also a sign that Invisalign is working, as it moves your teeth to their final destination. This discomfort typically goes away in a couple of days.

### ***How long will Invisalign treatment take?***

The length of treatment depends on the severity of your case and can only be determined by your doctor; however, the average case takes about 12 months for adults. The length of time necessary for a teen patient may vary and can be determined by your doctor.

Dr. Blaine Langberg is an Invisalign Preferred Provider. As a board certified orthodontist, Dr. Langberg is a uniquely qualified specialist trained to correct improperly aligned teeth. For a complimentary consultation, call Dr. Langberg at 203-431-4466. Visit Dr. Langberg online at [www.braceyourselves.com](http://www.braceyourselves.com).