

The Big Debate: Braces vs. Invisalign™

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Idaho Orthodontics

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So, you are excited to straighten your teeth and you have found the perfect orthodontic office to do so (Idaho Orthodontics of course—shameless plug). But really, now the debate comes in: braces or Invisalign? The experts here at Idaho Orthodontics will break down the pros and cons of both so you can make an educated decision that fits your needs!

Cleaning

Unlike braces, Invisalign trays can easily be removed. This is a good thing... And a challenging thing depending on your needs. With braces, cleaning your teeth can be a pain. Flossing is time consuming and a little more difficult. However, Invisalign trays can easily be taken out so you can get in a thorough flossing and cleaning.

Of course, every time you remove your Invisalign trays you are putting a stop to the teeth-straightening happening in your mouth. Many people struggle with the lack of discipline to keep Invisalign trays in for at least 22 hours daily.

Eating

When you have braces there are certain foods you must avoid, and food can get stuck in the brackets. With Invisalign trays, you can eat or drink anything, but you must remove your trays every time, and brush your teeth before putting them back on to minimize teeth staining. Braces can be less of a hassle.

Comfort

Let's be real... When it comes to correcting and moving teeth there is going to be discomfort. With braces being unremovable, it helps get the job done faster. With the ability to remove Invisalign trays the process can be more comfortable, but will be slower overall.

Looks

While there are different colors and ways to customize braces, for a truly minimal look to your smile while straightening your teeth, Invisalign is the way to go. Invisalign is more costly than braces, which is why most children/teens opt for braces. While both are effective it really comes down to personal preference!

Possibility

Invisalign may not be possible depending on your teeth's needs. For example, rotating teeth must be done with braces.

Consult with your local orthodontist to find out what your options are and what may be the best route for you.

Related post: [*How Does Invisalign™ Work?*](#)