

A Q&A with Dr. Durham: What about Invisalign?

Q. Dr. Durham, my friend told me she had new 'braces' on her teeth, but I couldn't see what she was talking about. She said she got them from you, and that they were called invisible something? Please tell me more.

A. At Durham Dental, we offer Invisalign, the clear alternative to traditional braces. Using a series of clear aligners, your teeth can be straightened in about 9-15 months. Most people will not even notice you're wearing braces, and they are removable to make routine brushing and flossing easy.

Q. I'm 42, am I too old for this procedure?

A. Invisalign can be used for adults and teens, making it an option for many people. Not all patients are candidates for Invisalign though, therefore, I would recommend a consultation and evaluation to find out if you are a candidate for Invisalign.

Q. But is it good for teens too? My daughter is thirteen and she has inherited my same misaligned tooth problem.



**Dr. Stephen
Durham, DMD,
FAGD, LVIF**

A. With Invisalign Teen, there are now options for teenagers as well. Teens love the convenience and the style of their braces 'not being seen', and they can eat what they want and brush and floss normally. Again, not all teens are

candidates for Invisalign, therefore, a consultation with your dentist would be recommended.

Q. Besides cosmetic benefits, are there any other benefits from having your teeth straightened?

A. One of the greatest benefits other than cosmetic would be the boost in confidence gained by having straight teeth and a beautiful smile. Studies have also shown that when teeth are straight, the gums fit tighter around the teeth, which can lead to better periodontal health.