



PRESS RELEASE

Seven Truths About Invisalign Teen

SACRAMENTO, CA—September 1, 2015— When teenagers need orthodontic treatment to correct misaligned teeth, many parents wonder if [Invisalign® Teen](#) is a good investment. They may know that Invisalign is the best in modern orthodontics, using clear plastic aligners — similar to a mouthguard — for moving teeth into their proper position. Nevertheless, parents often worry about their teenager not wearing the aligners or simply losing them and wasting the treatment. The makers of Invisalign, [Align Technology](#), have completed many studies of teenagers needing [orthodontics](#) and here are seven truths they've discovered, and that dentists from the Sacramento Dentistry Group have observed, about young people and Invisalign Teen.

1. **Isolation:** 92% of teenagers say that [traditional braces](#) make them feel isolated from their peers.
2. **Self-esteem:** Twice as many teens using Invisalign experience a rise in self-esteem compared to teenagers wearing [braces](#).
3. **Effectiveness:** Invisalign treatment is usually as effective as braces for treating [orthodontic conditions](#).
4. **Cost:** Invisalign treatment costs about the same as braces, but it provides many more [advantages](#).
5. **Bullying:** Teenagers are 68% less likely to be teased by other young people when wearing Invisalign.
6. **Reliability:** Teenagers are more reliable than adults in following the [Invisalign treatment protocol](#).
7. **Confidence:** 40% of teenagers say braces would have a negative impact on their self-confidence, but only 13% of Invisalign Teen users come to the same conclusion.

As you see, teenagers do prefer Invisalign, they do wear the aligners regularly and treatment with invisible orthodontics does not have to [cost](#) more than treatment with braces.

The Advantage Over Braces

With Invisalign Teen, if a youth does lose an aligner, the parents receive up to six replacements for free throughout the course of treatment. Invisalign Teen is much safer than braces for athletes, since there are no wires or brackets to [cause injury](#) in the event of collisions. Eating many different foods becomes difficult or forbidden with braces, but Invisalign is removed to eat. For wind instrument musicians, playing is no different than usual, again because the aligners are removable. Invisalign needs to be worn for twenty hours a day, leaving time for eating, playing and [the usual daily dental hygiene](#).

As an additional safeguard and reminder, if a teenager doesn't wear their aligners regularly, Invisalign Teen includes a "wear indicator" — a blue dot that fades when worn. This lets parents and dentists check for compliance. In the experience of the Sacramento Dentistry Group, however, teenagers look forward to a new smile, so wearing Invisalign consistently is not an issue.

For more information about treatment with Invisalign Teen, request an [appointment](#) with the Sacramento Dentistry Group for a free consultation. Call 916-538-6900 or stop by their downtown office at 1105 E Street in Sacramento.