

We want you to love your smile.



Both modern clear aligners and traditional wire and brackets straighten teeth, but there are some key differences between the two options.

This chart is designed to help you understand those differences to help you make the best decision about your orthodontic care.

	Clear aligners	Braces (wire and brackets)
Lifestyle		
Easily removable so you can eat and drink what you want.	●	
Great option for active lifestyle.	●	
One-week wear, which minimizes impact of lost aligners.	●	
Treatment provides fewer negative impacts on quality of life. ⁶	●	
Requires a retainer after treatment to keep teeth in place.	●	●
Ease of use		
Compliance indicator option to ensure proper wear.	●	
Stay affixed to the teeth so you can't lose them.		●
Removable so can easily brush and floss to maintain oral health meaning potentially less plaque and gingival inflammation. ¹	●	
Must use special threaders to floss teeth.		●
Aesthetics		
Virtually transparent.	●	
Colorful bracket and rubber band options.		●
Straightens teeth to achieve orthodontic goals and improve your smile.	●	●
Comfort		
No wires or brackets to cut or irritate your lips and cheeks.	●	
Less pain is reported during treatment among adults and teens. ²	●	

Aligner vs. braces

	Clear aligners	Braces (wire and brackets)
Convenience		
On average, faster treatment times. ³	●	
Less emergency visits for things like broken brackets and pokey wires. ⁴	●	
Requires less time in the patient chair. ⁵	●	
Adjustments needed approximately every 6–8 weeks at doctor’s office.		●
Pick up new trays and check progress approximately every 10 weeks at doctor’s office.	●	

➤ **Have additional questions about which orthodontic option is right for you? Ask me more about which option will best meet your needs.**

Sponsored by:  **invisalign**®

¹ Patients treated with Invisalign clear aligners have better periodontal/gingival health and greater satisfaction during orthodontic treatment than patients treated with fixed appliances.* (FMBS) score at initial and 12 months and better higher compliance with oral hygiene on 50 teenager patients (age 10–18, (25 invisalign treatment, 25 fixed appliances). *Based on lower modified sulcus bleeding index (SBI) and Plaque Index (PI) with average treatment time of 12.9 ± 7.2 month (fixed appliances) 12.6 ± 7.4onths (invisalign treatment) on 100 patients (age 11–62, 50 fixed appliances, 50 invisalign treatment. Publication to be Referenced: Azaripour A, et al. Braces versus Invisalign-: gingival parameters and patients’ satisfaction during treatment: a cross-sectional study. BMC Oral Health 2015;15:69.

² In a pain score of 1-9, 1 being extremely painful and 9 not at all painful, Invisalign U.S. teenager patients (Qty:73) rated pain score of 6.1 vs U.S. traditional metal braces teenager patients (Qty: 76) rated pain score of 5.1. Voice/Radio Disclaimer: Of 149 teen patients surveyed, Invisalign teen patients rated pain at 6.1, on a pain scale of 1-9, 1 being extremely painful and 9 not at all painful while braces teen patients rated pain higher at 5.1. **In a study by Miller et al, with adults measuring pain in the first week of treatment. Kevin Miller et al. “A comparison of treatment impacts between Invisalign aligner and fixed appliance therapy during the first week of treatment.” American Journal of Orthodontics and Dentofacial Orthopedics. Volume 131, Issue 3, pp. 302. e1-302.e9, March 2007.

³ Treatment with Invisalign clear aligners completed (finished) 5 months faster (sooner, earlier) on average than treatment with fixed appliances (braces).* Gu, J et al. Evaluation of Invisalign treatment effectiveness and efficiency compared with conventional fixed appliances using the Peer Assessment Rating index. Am J Orthod Dentofacial Orthop February 2017;151:259-66. *Buschang, P et al. Comparative time efficiency of aligner therapy and conventional edgewise braces. Angle Orthodontist, Vol 84, No 3, 2014

⁴ Based on the Invisalign patients reporting fewer negative impacts on overall quality of life (P<.0001), and recoded less impact in each quality of life subscale evaluated (functional, psychosocial, and pain-related, all P <.003). In addition, the visual analog scale pain reports showed that Invisalign patients experienced less pain during the first week of treatment (P <.0001). The fixed appliance patients took more pain medications than the Invisalign patients at days 2 and 3 (both P <.007), on 60 adult patients (average age 28.6 years, 33 invisalign treatment, 27 fixed appliances).

Data on File at Align Technology, as of July 12 2017: *Based on a global claims survey by Actionable Research of Invisalign providers, respondents were asked the following question: In what percent of cases do patients require an emergency visit? (Global respondents N= 898)

⁵ Chair time with Invisalign treatment is a 1/3rd less on average than braces. Data on File at Align Technology as of September 26, 2017. *Based on a survey by Actionable Research of Invisalign providers (n=898), doctors were asked their average chair time for maintenance (ie non-emergency) appointments for Invisalign vs braces. Average (minutes) chair time for Invisalign treatment = 14.6, Braces = 23.3.

⁶ Based on the Invisalign patients reporting fewer negative impacts on overall quality of life (P<.0001), and recoded less impact in each quality of life subscale evaluated (functional, psychosocial, and pain-related, all P <.003). In addition, the visual analog scale pain reports showed that Invisalign patients experienced less pain during the first week of treatment (P <.0001). The fixed appliance patients took more pain medications than the Invisalign patients at days 2 and 3 (both P <.007), on 60 adult patients (average age 28.6 years, 33 invisalign treatment, 27 fixed appliances).