

CHOOSING YOUR TREATMENT

Braces or Clear Aligners? An Honest Comparison

We do both traditional braces and clear aligners at Fish Creek Dental. Here's a straightforward comparison of what each is good at, what to keep in mind, and when each is often the better choice.

We do both, and both can give you a great result. The right choice depends on what your teeth need and what fits your life.

What we usually lean toward

For kids and teens, braces. They work day and night, there is nothing to remember and nothing to lose.

For adults, often clear aligners. Being discreet genuinely matters when you are at work every day, and adults are usually more reliable about wearing them.

Neither is simply better than the other. Cases involving significant changes to the bite, or teeth that are difficult to move, tend to go more predictably with braces. Mild to moderate crowding and spacing is well suited to aligners.

None of this is a rule. We evaluate case by case, and once we have looked at your teeth we will tell you what we would do, and why.

Braces

What is good about them

- They handle the widest range of cases, including significant changes to the bite and closing gaps where a tooth has come out
- Best control when teeth need to be turned, tipped, or moved up and down
- They work day and night. Nothing to remember
- Nothing to lose

What to keep in mind

- People can see them
- Brushing and flossing takes longer. If teeth are not kept clean, white marks can be left behind for good
- No hard, sticky or chewy foods until they come off

- A wire or bracket can come loose and need an extra visit. Teeth feel sore for a few days after each adjustment

Often the better fit when the patient is a child or teenager, your bite needs significant changes, teeth are difficult to move, teeth are coming out, or you would rather not have to look after something you take in and out.

Clear aligners

What is good about them

- Hard for other people to notice
- You take them out to eat, brush and floss, so your teeth are easier to keep clean and you can eat what you like
- Nothing to break, so fewer surprise visits
- Usually more comfortable, and we can show you a preview of the result before you start

What to keep in mind

- They must be worn 22 hours a day. This is the big one. They only work if you wear them
- Small tooth-coloured bumps are stuck on some teeth to hold the trays, so they are not quite invisible
- Some tooth movements are harder with aligners. You may need extra trays, or a short time in braces, to finish the job
- Out for every meal and every drink except water. Trays get lost and thrown out

Often the better fit when you are an adult, crowding or gaps are mild to moderate, you would rather it did not show, and you are sure you will wear them.

The same either way

- Most treatment takes 12 to 24 months
- You will need a retainer afterwards, long term. Teeth drift back without one

Once we have taken your photos, scans and x-rays, we will tell you which of these will actually work for your teeth, what is involved, and what it costs.

Fish Creek Dental

380 Canyon Meadows Drive SE, Suite 3212

Calgary, AB T2J 7C3

403-271-2221 · fishcreekdental.com