

Building self-confidence is important for your teen¹



Self-confidence can have positive effects on your teen's:



Academics²



Mental well-being^{1,3}



Social life¹

One factor that contributes to your teen's self-confidence is their smile⁴

Many teens suffer **low self-esteem** because of crooked teeth.¹⁹

Well-aligned teeth lead to a healthy **smile, and boost confidence.**¹⁹

➤ Fortunately, orthodontic intervention can give your teen a great smile and help boost their self-confidence⁷

Give your teen a clear path to a **great smile with Invisalign® treatment**

- Social confidence is important for teens¹⁹
- One factor that affects teens' social confidence is their smile¹⁹
- Choosing the right orthodontic treatment can make all the difference in allowing your teen to continue living life with minimal disruption⁹
- Invisalign treatment: **The clear path to a great smile**



Better comfort¹²



Removable^{12,13}



Nearly invisible¹⁰



Fewer doctor visits^{12,15,16}



Better oral health¹⁶



Less disruption¹²



Clearer timelines¹²



Faster¹²



Book an appointment with your orthodontist to find out if Invisalign treatment is right for your teen

References: 1. Kim E, et al. Relationship between self-esteem and self-consciousness in adolescents: An eye-tracking study. *Psychiatry Investig* 2019;16(4):306-13. 2. Booth M, Gerard J. Self-esteem and academic achievement: A comparative study of adolescent students in England and the United States. *Compare* 2011;41(5):629-48. 3. Henriksen I, et al. The role of self-esteem in the development of psychiatric problems: A three-year prospective study in a clinical sample of adolescents. *Child Adolesc Psychiatry Ment Health* 2017;11:68. 4. Kaur P, et al. Impact of Dental Disorders and its influence on self-esteem levels among adolescents. *J Clin Diagn Res* 2017;11(4):ZC05-ZC08. 5. Meeran N. Iatrogenic possibilities of orthodontic treatment and modalities of prevention. *J Orthod Sci* 2013;2(3):73-86. 6. Kavand G, et al. Comparison of dental esthetic perceptions of young adolescents and their parents. *J Public Health Dent* 2012;72(2):164-71. 7. Jung MH. Evaluation of the effects of malocclusion and orthodontic treatment on self-esteem in an adolescent population. *Am J Orthod Dentofacial Orthop* 2010;138(2):160-6. 8. Banerjee S, et al. Effect of orthodontic pain on quality of life of patients undergoing orthodontic treatment. *Indian J Dent Res* 2018;29(1):4-9. 9. Galan-Lopez L, Barcia-Gonzalez J, Plasencia E. A systematic review of the accuracy and efficiency of dental movements with Invisalign®. *Korean J Orthod* 2019;49(3):140-9. 10. American Association of Orthodontists. Orthodontic Treatment with Clear Aligners. Available at: <https://www.aaoinfo.org/blog/orthodontic-treatment-with-clear-aligners/>. Accessed 12 Nov 2019. 11. Association of Orthodontists (Singapore). Types of braces. Available at: <https://www.aos.org.sg/patient-information/type-of-braces/>. Accessed 12 Nov 2019. 12. Data on file at Align Technology. 13. Brascher, et al. Patient survey on Invisalign® treatment comparing the SmartTrack® material to the previous aligner material. *J Orofac Orthop* 2016;77:432-8. 14. Azaripour A, et al. Braces versus Invisalign®: Gingival parameters and patients' satisfaction during treatment: A cross-sectional study. *BMC Oral Health* 2015;15:69. 15. Buschang P, et al. Comparative time efficiency of aligner therapy and conventional edgewise braces. *Angle Orthod* 2014;84(3):391-6. 16. In: English JD, et al. Mosby's Orthodontic Review. Elsevier; 2014:159. 17. Moolya N, et al. Orthodontic bracket designs and their impact on microbial profile and periodontal disease: A clinical trial. *J Orthod Sci* 2014;3(4):125-31. 18. Faruqi S, Fida M, Shaikh A. Factors Affecting Treatment Duration - A Dilemma In Orthodontics. *J Ayub Med Coll Abbottabad* 2018;30(1):16-21. 19. Invisalign teen survey. India - Neilson survey for India for Align Technology. 2020. **Faster than 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, Petal. Comparative time efficiency of aligner therapy and conventional edgewise braces. *Angle Orthodontist*, Vol 84, No 3, 2014. *SmartTrack material reshapes your smile more predictably than other aligners.



invisalign®

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smiles,
uninterrupted.



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A great smile can go a long way but the journey to getting one is important

Did you know
In studies conducted among teens, braces were viewed as **painful and restrictive** – interfering with activities like eating, impacting lifestyle, and affecting self-confidence.⁸



Choosing the right orthodontic treatment can make all the difference in allowing your teen to continue living life with minimal disruption.⁹

	 Invisalign® clear aligners ¹⁰	 Traditional braces ¹¹	 Ceramic braces ¹¹	 Lingual braces ¹¹
Description	Custom-made clear aligners that fit closely to the teeth	Metal brackets and wires attached to the outside of teeth	Clear brackets attached to the outside of teeth	Metal brackets and wires attached to the back of teeth
How treatment is maintained	Replaced every 1-2 weeks	Manually adjusted throughout treatment	Manually adjusted throughout treatment	Manually adjusted throughout treatment

Invisalign treatment makes the journey to a great smile a pleasant one for your teen

The Invisalign system's SmartTrack™ material, SmartForce™ features and SmartStage™ technology work together to move your teen's teeth more precisely, helping them achieve the smiles they deserve.^{12,13}

Invisalign treatment benefits over braces:

 Less Painful	 Removable	 Nearly invisible	 Faster than Braces
Braces vs  Invisalign clear aligners	Braces vs  Invisalign clear aligners	Braces vs  Invisalign clear aligners	Braces vs  Invisalign clear aligners
May have some pain, sores or discomfort from wires, brackets or tooth movement ¹⁸	Wires and brackets are fixed ¹¹	Wires and metal brackets can be seen ¹¹	Clinic visits every 3 to 4 weeks and potential emergency visits due to wire or bracket breakage ⁵
Proven to be less painful than braces, as there are no brackets that can create sores in the mouth. ¹²	Made with SmartTrack material, Invisalign aligners are easy to put on and remove. ^{12,13}	Aligners are virtually invisible ¹⁰	Clinic visits every 6 to 8 weeks only.
			Fewer emergency visits needed because there is no risk of wire or bracket breakage ^{12,15,16} . Hence, treatment duration was found to be faster than treatment with fixed appliances (braces) with lesser chairside time.*
 Your teen may have a better quality of life⁶	 Your teen can enjoy the food and activities that he/she loves¹⁴	 Your teen can always smile with confidence¹⁴	 Your teen can have more time for other activities and your schedule is freed up^{12,15,16}
 More Predictable	 Less disruption	 Better oral health	
Braces vs  Invisalign clear aligners	Braces vs  Invisalign clear aligners	Braces vs  Invisalign clear aligners	
Braces straighten teeth less predictably and are a hassle to use. ¹⁸	Due to wires and brackets, braces can be disruptive and cause teens to miss out on certain activities ⁸	Difficult to clean in between the metal brackets, which may result in irreversible white spots due to plaque build-up. ^{5,17}	
Designed to straighten teeth more predictably with its SmartTrack Material*. ¹²	No wires or brackets. Can be removed before your teen engages in certain activities like sports ¹²	Your teen will be able to brush and floss normally ¹⁶	
 Your teen can always smile with confidence¹²	 Your teen is free to enjoy sports and other activities¹²	 Your teen can benefit from better oral hygiene¹⁶	