

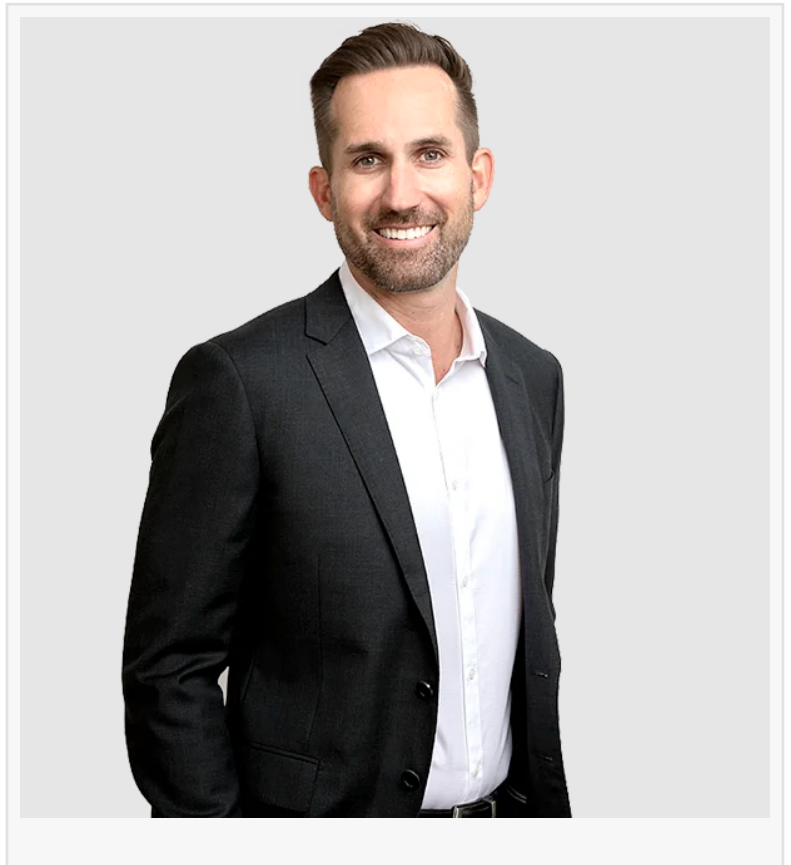
# Invisalign® vs. Traditional Braces: Newport Beach Cosmetic Dentist Weighs In

*Newport Beach cosmetic dentist Lance Alder, DDS compares the potential benefits and disadvantages of Invisalign® aligners and traditional (i.e., metal) braces.*

NEWPORT BEACH, CA, UNITED STATES, October 10, 2024 /EINPresswire.com/ -- As an [Invisalign®](#) preferred provider, [Dr. Lance Alder](#), a [cosmetic dentist in Newport Beach](#), understands firsthand how the treatment can enhance both smiles and lives. Using removable and virtually invisible aligners, this orthodontic option can address a number of common issues, including misalignment, crowding, gaps, overbite, and underbite.

In Dr. Alder's experience, several factors have made Invisalign® a more popular choice than traditional metal braces. He outlines some of these advantages below:

- Virtually undetectable. According to Dr. Alder, Invisalign® aligners are made from a clear, medical-grade material, making them nearly invisible when worn (and offering a sharp contrast to metal braces).
- Increased comfort. With Invisalign®, patients do not need to worry about the wires or brackets used in the traditional method. Dr. Alder adds that Invisalign® aligners are custom-crafted based on a 3D scan of the patient's bite.
- Removability. Dr. Alder notes that because Invisalign® aligners are removable, patients can enjoy their favorite foods without restrictions – as opposed to metal braces, which require patients to avoid certain foods.
- Improved maintenance. Compared to traditional braces, Invisalign® aligners do not generally require much effort to clean and maintain, says Dr. Alder. Rather, he explains that simply removing the aligners to brush and floss teeth can reduce the risk of plaque buildup, cavities,



and gum disease.

- Often quicker results. Dr. Alder says Invisalign® treatment is typically completed faster than traditional braces, though the length of the process can vary based on the patient's unique case.

Furthermore, Dr. Alder explains that while Invisalign® can provide a comfortable and discreet option for straightening teeth, traditional braces may still be the better choice for some patients. As such, he advises patients to consult with an experienced Invisalign® provider for help with the decision process. He also encourages patients to contact him or his office with any questions regarding Invisalign®.

About Lance Alder, DDS

Dr. Lance Alder is one of three reputable dentists at Newport Beach Dental. After earning a Bachelor of Science in Kinesiology at Brigham Young University, Dr. Alder attended the Loma Linda University School of Dentistry, where he obtained his Doctorate of Dental. Dr. Alder is a member of the American Dental Association (ADA), the American Academy of Cosmetic Dentistry (AACD), and the California Dental Association (CDA). In addition to his status as an Invisalign® preferred provider, Dr. Alder – along with fellow dentists Jacob Barton, DDS and Ereni Sellas, DDS – offers a wide range of oral healthcare services designed to perfect both smile and bite. The Newport Beach Dental team is available for interview upon request.

For more information about Dr. Alder and the practice, please visit [mynewportbeachdental.com](http://mynewportbeachdental.com) or [facebook.com/NewportBeachDentist](https://www.facebook.com/NewportBeachDentist), or find the practice on Instagram @newport.beach.dental.

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Newport Beach Dental  
1901 Westcliff Drive  
Suites 4 & 7  
Newport Beach, CA 92660  
(949) 646-1120

Rosemont Media  
[www.rosemontmedia.com](http://www.rosemontmedia.com)

Katie Nagel  
(858) 200-0044  
[email us here](#)

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