

# Straighten Your Teen's Smile Discreetly with Invisalign Teen at Best Impression Dental

Expert Guidance from best Medical Lake dentist Dr. Alicia Burton



**Spokane, Washington Jul 16, 2024 ([Issuewire.com](https://www.issuewire.com))** - Best Impression Dental is excited to announce the introduction of Invisalign Teen, a revolutionary orthodontic treatment designed to meet the unique needs of teenagers. Led by the experienced and compassionate [Dr. Alicia Burton](#), our practice is committed to providing top-notch dental care that ensures both parents and teens feel confident and informed every step of the way.

## Guidance from Dr. Alicia Burton

Dr. Burton emphasizes the importance of a healthy, aligned smile for teenagers, not only for aesthetic reasons but also for overall oral health. "[Invisalign Teen](#) is a fantastic option for young patients who want a discreet, comfortable, and effective solution for straightening their teeth," says Dr. Burton. "Our goal is to make the process as smooth and stress-free as possible for both parents and teens."

## The Process

The Invisalign Teen treatment begins with a comprehensive consultation where Dr. Burton evaluates the teen's dental health and discusses their smile goals. Using advanced 3D imaging technology, a customized treatment plan is created. The clear aligners are then made to fit snugly over the teeth, gradually shifting them into the desired position.

## Importance and Benefits

Straightening teeth during the teenage years can prevent more serious dental issues in the future. Misaligned teeth can lead to difficulties in cleaning, increased risk of tooth decay, gum disease, and even jaw problems. Invisalign Teen offers numerous benefits, including:

- **Discreet Appearance:** The clear aligners are virtually invisible, allowing teens to smile confidently without the stigma of traditional braces.
- **Comfort and Convenience:** Made from smooth plastic, Invisalign aligners are more comfortable and less likely to cause irritation than metal braces.
- **Removable:** Teens can easily remove the aligners for eating, drinking, brushing, and flossing, promoting better oral hygiene.
- **Fewer Office Visits:** With no need for adjustments, teens can enjoy fewer visits to the dentist compared to traditional braces.

## Precautions and Dos and Don'ts

To ensure the effectiveness of Invisalign Teen, Dr. Burton provides the following guidelines:

- **Do wear aligners for 20-22 hours a day:** Consistency is key for optimal results.
- **Do clean aligners regularly:** Brush them gently with a toothbrush and rinse with lukewarm water.
- **Do attend all scheduled appointments:** Regular check-ups help monitor progress and make necessary adjustments.
- **Don't eat or drink anything other than water with aligners in it:** This prevents staining and damage to the aligners.
- **Don't forget to practice good oral hygiene:** Brush and floss thoroughly to maintain healthy teeth and gums.

## About Best Impression Dental

Best Impression Dental, located in [Medical Lake, WA](#), is dedicated to providing comprehensive dental care with a focus on patient comfort and satisfaction. Dr. Alicia Burton and her skilled team offer a wide range of services, from general dentistry to advanced orthodontics, using the latest technology to deliver outstanding results.

For more information or to schedule a FREE Invisalign Teen consultation, please contact Best Impression Dental at (509) 260-2650 or visit our website at [www.bestimpressiondental.com](http://www.bestimpressiondental.com).

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