Meta Description: Since 1998, Invisalign has corrected many orthodontic issues, including overbite. Find out how it works in this article.

Can Invisalign Fix an Overbite?

The question of whether an invisalign can fix an overbite comes up often—and the answer is yes! Invisalign is one of the many aligners available, and it is designed to correct both mild and severe overbite, allowing you to smile confidently and eat your favorite foods.

But how does it actually work? How long does the treatment take? And how does invisalign differ from typical metal braces? In this post, you will find out everything you need to know about Invisalign and its corrective capabilities.

So, let's dive in right away.

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What is an overbite?

To simply put it, an overbite refers to an orthodontic situation where the upper front teeth cover a large portion of the lower front teeth when the mouth is closed.

While this anomaly might not seem like a big deal at first, overtime, if it is not corrected, it can lead to some real problems like:

- ➢ Difficulty in eating
- ➢ Jaw pain
- ➢ Headache
- ➢ Changes in a person's appearance and smile.
- ➢ Deformed jawline

- ➢ Sleep apnea
- ➢ Difficulty in speaking
- ➢ Worn tooth enamel

As previously mentioned, overbite can be either **excessive or normal**. An overbite is considered minimal if the upper and lower teeth overlap by about 2-4 mm. In contrast, if the upper teeth extend 4-6 mm or more over the lower teeth, the overbite is deemed excessive and may require orthodontic correction to prevent potential dental issues.

The causes

An overbite (also known as buck teeth) can develop due to a number of factors, including, but not limited to:

- Thumb sucking (After the age of 3 or 4)
- Genetics
- Excessive nail biting
- Teeth grinding (Bruxism)
- Misaligned jaw growth
- Tooth loss without replacement
- Chewing on pencils and other items

Using Invisalign to fix an overbite: The procedures

Invisalign is a custom-made, removable, and nearly invisible plastic aligner that can correct bite issues like overbites.

Unlike traditional braces, which use metal brackets and wires, invisalign comes in sets of custom-made trays that fit over your teeth, covering both the upper and lower arches. Here's a step-by-step breakdown of how it works!

Initial consultation with the dentist:

No, you can not fix an overbite on your own, and it doesn't correct itself over time!

If you have noticed that your misaligned teeth are starting to make you uncomfortable, the first step is to visit a dental clinic that specializes in Invisalign treatment.

There, an orthodontist will first of all take a digital scan of your mouth. Then, using that scan, they will develop a unique treatment plan that will outline how each set of aligners will gradually shift your teeth until they are balanced.

Invisalign Creation:

After taking a digital scan of your mouth and a treatment plan has been created, the next phase would be for the dentist to create a custom invisalign for you. Using an advanced 3D printer, your dentist will craft aligners that fit your teeth perfectly.

Typically, the creation process takes about 4 weeks, but at DentSpa, eligible patients can get their aligners on the same day!

Wearing the Aligners

For invisalign to work as intended, it is expected that it be worn for at least 20 to 22 hours a day.

Another good thing about Invisalign aligners? They are removable! This means that you are allowed to remove them while eating, drinking anything other than water, or brushing your teeth.

Regular Checkups with Your Dentist

Throughout your treatment phase, it is essential that you remain in contact with your dentist! That means scheduling checkups every one to two weeks to ensure everything is on track.

During your visits, your dentists will monitor your progress, make adjustments if need be, and replace old trays with new ones as your teeth gradually shift into place.

- ★ **Note:** Even after the procedure is completed and your teeth have returned to their proper place, you will still be mandated to wear the invisalign at night to prevent them from shifting again. Consider this a tiny effort in exchange for a lifetime of straight teeth!

How long does it take to fix an overbite with Invisalign?

The time it takes to fix an overbite with Invisalign varies from person to person. **Mild or moderate overbite, for instance, typically takes six to twelve months to realign**, while **severe overbite** can take twelve to twenty-four months or more, provided you wear it consistently.

That being aside, these timelines are not always consistent due to factors, some of which are completely out of your control. So, here are a few common ones.

- ➢ Age: To simply put it, the younger a patient is, the stronger and more adaptable their jawbone is. What this means is that during the realignment phase, younger patients tend to recover faster.
- ➢ Severity of the overbite: While mild overbite can take about 6 to 12 months to correct, complex ones may take longer.
- ➢ Consistency in wearing aligners: Having an invisalign installed is not enough; you also need to wear it consistently! For the best results, it is always advisable to keep it on for at least 20–22 hours a day.
- ➢ Body's natural healing time: Everyone's body heals at a different rate, and the same is true for realignment of overlapping teeth. While some people heal more quickly than others, some may take longer. So, in short, be patient!

What differentiates braces from invisaligns?

Having trouble with overbite? No worries—metal braces and invisalign are two orthodontic treatments that can restore your tooth alignments. However, while both can get the job done, they differ in their application and how they look.

- ➢ Appearance: While metal braces have noticeable metal brackets and wires, Invisalign, on the other hand, features a near-invisible plastic tray that can also be removed.
- ➢ Comfort: Unlike metal braces, the Invisalign uses smooth plastic trays that will not irritate the teeth or gums.
- ➢ Effectiveness for different levels of overbites: Metal braces are a reliable option for correcting overbites of all severity. Invisalign, on the other hand, works best for mild to moderate cases.

Want to know more? Check out our Invisalign vs. Brace article for an in-depth review of both orthodontic treatments

FAQs

Can you use rubber bands with Invisalign?

If you see your dentist attaching rubber bands to your teeth, don't worry; they know exactly what they are doing.

Thanks to their elastic nature, these tiny but mighty bands are often used to apply extra force to correct severe misalignment. Interestingly, they also use it in metal brace treatment.

Are there any downsides to Invisalign for overbite correction?

Usually. There are no obvious drawbacks to utilizing Invisalign to repair an overbite. The only concern is the relapse that might occur if the patient doesn't wear the retainers worn as instructed.

How do I know if Invisalign is right for my overbite treatment?

Simply get in touch with your dentist for a digital scan of your mouth. The result will determine whether Invisalign is a good fit for you or if another treatment option would be more effective.

What happens if I don't wear my Invisalign consistently?

Ivasigner is not designed to remain permanent in the mouth; nonetheless, it is recommended that you wear them for at least 20 to 22 hours every day. Failure to follow this advice can slow down your recovery process.

Does the Invisalign treatment cause any discomfort?

We'd be lying if we said no. Yes, Invisalign treatment can cause little discomfort, particularly when switching to a new set of trays. However, the pain is still manageable when compared to mental braces, which feature brackets and wires that could irritate.

Conclusion

So, *can Invisalign fix an overbite?* The answer is a resounding yes! Invisaligns are specially designed to correct mild to moderate overbites by gradually moving the overlapping teeth back to their proper position.

They can also correct severe overbite, although this may require additional attachment like elastics (rubber bands) and, in some cases, additional procedures like tooth extractions and jaw surgery.

Since Invisalign trays are made of smooth plastic, they're comfortable to wear! Additionally, they are nearly invisible, meaning that you can have your teeth straightened without anyone noticing!

That being said, if you are looking for same-day, quality, and cost-effective treatment, DentSpa, a dental clinic offering Invisalign treatment in Turkey, has got you covered. With decades of experience, our professionally trained orthodontist can create a custom Invisalign plan for you, ensuring a confidence-boosting smile transformation in no time at all.

But that's not all! We are also equipped with cutting-edge dental equipment, allowing us to offer precise diagnoses and effective solutions while providing comfort and the best potential results for your treatment!

At DentSpa, our "Smile & Relax" motto isn't just a catchy slogan—it is our promise to you. Thanks to our spa-like atmosphere and friendly staff, from the moment you step into our clinic, you will feel the difference. From your initial consultation till you finish your treatment (and even those random checkups), our commitment to making your treatment experience smooth and stress-free remains the same.

So, what are you waiting for? Schedule an appointment with us today and let us craft unique treatment plans to fix your overbite for good. You, too, deserve a confident smile, so trust us to make it happen.