

# Can You Smoke With Invisalign?

Invisalign is a discrete, removable teeth aligner commonly used by adults. Invisalign straightens the teeth more inconspicuously compared to braces. This makes them a popular choice for adults. While adults are more capable of managing their dental health and Invisalign treatment better than a teenager, they are liable to commit damaging habits or behaviors.

Smoking with Invisalign is heavily discouraged. Even if we ignore all smoking-related health issues, smoking impacts the process of Invisalign. The benefits of clear aligners are their discreteness and removability. Both of which are affected negatively by smoking. A smoker can complete successful Invisalign treatment, but the risks have to be known.

## Staining

It is no secret that nicotine smoking stains everything it touches. It may not be immediate like smoke from a fire, but eventually, the stains will be noticeable. Take a look at any wall inside a house from the 1960s for proof of that. Smoking cigarettes stain the clear Invisalign. This leaves them with a brown color. It completely defeats the purpose of camouflaged teeth treatment.

It is not enough to remove the aligners during the smoke break. The nasty chemicals left over from the cigarette linger in the mouth. This is a marginally better solution than smoking with the Invisalign in the mouth. Both will leave stains throughout the treatment.

## Removing the Aligners

Orthodontists recommend that Invisalign stay in the mouth for 22 hours a day. The aligners must get removed for eating and brushing. Removing Invisalign to have a smoke is taking away time for the treatment to work. The average time to smoke a cigarette is roughly 5 minutes.

Depending on the severity of the habit, a person could spend two hours a day smoking. This would leave no time for eating. The allotment of time is not feasible.

## Damage to the Aligners

The Invisalign structure can get impacted by smoking. The chemicals from the cigarette can affect the structure of the aligners. This causes the treatment to work ineffectively.

It is essential to keep the Invisalign away from heat. Heat can warp the structure. Smoking with Invisalign is bringing unnecessary exposure to heat.

## Effects on Dental Health

Invisalign is a perfect fitting replica of the mouth. This also makes it a perfect seal for damaging chemicals. Smoking without Invisalign is already bad for oral health. However, it does not come with a diligently crafted replica of your mouth that traps all the nicotine and tobacco and seals it against your teeth. This may not directly impact the straightening of the teeth but will lead to tooth decay and gum disease.

## Vaping and Invisalign

Since vaping is a relatively new trend, there is not as much science on its impact on Invisalign or even oral health. It is known that vaping still has damaging effects on oral health such as gum disease. Vaping rose to popularity as a “healthier” alternative to smoking. However, inhaling chemicals in any facet is harmful to the body, including the mouth.

Much of the same damaging effects of smoking to Invisalign treatment are found in vaping or e-cigarettes. Generally, these effects are not as severe.

Staining will still occur. This is especially true since vaping gives false security that you do not have to take the aligners out.

Vaping is easier to do at any time, so the frequency in which one may take out the Invisalign could be greater than cigarettes.

Vaping is still a form of nicotine consumption. Vaping may not come with nearly the same concentration of chemicals as cigarettes, but there are still dangerous chemicals that will be trapped in the teeth.

### **Factors to Consider**

You might be curious to see if it is totally against the Invisalign laws to smoke. The truth is that your teeth will not fall out of your head. Nor is the Invisalign going to turn into dust if you smoke. It can feel next to impossible to resist the urge, so an internal bargain may be occurring.

Chain-smoking is advised against and will lead to problems. Especially if the Invisalign does not get removed during a smoke break. Smoking cigarettes during treatment causes staining, less time with alignments, and damage to the mouth and aligners.

Maybe you indulge in a cigarette from time to time but would not consider yourself a smoker per se. One cigarette here and there is still a bad idea, but the damage can get mitigated. Always remove the aligners to keep them out of direct heat and chemical damage. Also, brush your teeth directly afterward. Ideally, the hassle of this is enough to deter you from ever indulging at all. We can't always be near a sink and toothbrush.

If you must smoke, then consider doing so during the mealtime window. This way the time spent without the alignments in the mouth is limited. Additionally, the teeth brushing required after meals will clean up some of the smoking chemicals.

## Invisalign for Smokers

Invisalign does not discriminate against smokers. It is possible for those who smoke to undergo successful Invisalign treatment. However, it is not feasible or healthy to undertake the same habits they may have had before treatment began. You're not going to have the teeth you seek

by smoking a pack a day while using Invisalign. Even if a person managed to be diligent with caution by removing the alignments and brushing after every cigarette.

The best practice is abstinence.

Regular smokers should understand the threats involved with their habits before getting Invisalign. It may not be a challenge to wean off smoking before Invisalign for some. Others may not struggle with a limit or all-out quitting during treatment. However, it can be virtually impossible for some. For those people, Invisalign treatment is not advised.

Perhaps this is the kick in the butt that you need. Not everyone can quit without a real incentive. Perfect teeth, better health, and more money, in the long run, are a nice package in exchange.

# Orthodontic Wax for Braces: Everything You Need to Know

Braces are uncomfortable. This is a fact of life. Anyone who seeks the teeth straightening power of braces will experience a degree of discomfort throughout the treatment. This discomfort usually comes at the beginning of the treatment. It takes some time for the mouth to get used to the pressure. There are pain days after the orthodontist applies the braces, but that usually subsides on its own. What is to be done about the cutting and scraping pain inside the mouth? That takes some getting used to. Although, instead of trying to be a soldier fighting through the pain, you could reach for orthodontic wax.

Orthodontic wax, also called dental wax, is a solution for managing mouth pain while dealing with braces. Orthodontic wax provides relief from pain caused by braces scraping and scratching the inside of the mouth. It essentially creates a guard between the mouth and the braces. Eventually, the mouth will get used to them. Then the irritation will cease. Dental wax is a pain relief solution for the interim. The orthodontist will likely provide the orthodontic wax after they apply the braces.

## What is Orthodontic Wax?

Orthodontic wax is a non-toxic type of wax that protects the mouth. You apply the wax onto the irritating braces. This protects the mouth from further damage and gives it time to heal. It works by covering the sharp edges and corners of the braces. It acts as a cushioning layer between the braces and the mouth.

The wax eventually breaks down in the mouth. It turns to flakes so small that the user does not even notice.

Orthodontic wax gets made from a variety of different materials. The type of wax could be beeswax, carnauba wax, or microcrystalline. Almost all dental waxes contain paraffin wax.

Orthodontic wax is completely safe. It's non-toxic and made from natural waxes. Naturally, it is tasteless, but it can be found in different flavors like mint or caramel. It is not recommended to be eaten as a snack, but it is safe to swallow in small doses.

The wax comes in a small container. It can be a solid chunk or pre-cut into smaller usable pieces. It is firm and solid in the container but becomes malleable when warmed up in the hand similar to hair wax.

## Do I Need Dental Wax?

Use dental wax at the first sign of physical discomfort related to scratching. It is cheap, maybe even included with the braces, and it is harmless. A person experiencing sores from the friction of their braces rubbing against their cheeks or gums needs to use orthodontic wax. The wax prevents this pain while you adjust. Just as importantly, it allows the cuts to heal. This prevents the worsening of the sores and protects against infections.

It is easy to apply which makes it an ideal solution for children.

Orthodontic wax will be particularly helpful for people in the early stages of their braces. Eventually, the mouth gets used to the natural friction of the braces. Do not shy away from orthodontic wax to ease that transition. Especially in the early stages.

## How to Apply Orthodontic Wax

Applying orthodontic wax is easy and can be done by children. It's a quick process.

### **Wash your hands**

It is a good idea to make sure they are clean. You do not want to bring bacteria around the mouth or into the sore.

### **Brush your teeth**

Ensure that your mouth is clean. The wax will not seal any food or bacteria to the tooth.

### **Dry your teeth**

Grab a tissue and dry off the area where the wax gets applied. The wax will seal better on a dry area.

### **Scoop out the wax**

Pick out the wax from the container. The amount should be the size of a brace bracket. This will ensure it covers the entire bracket that is causing the irritation.

Warm up the wax by rubbing it around with your fingers for five seconds. By warming it up, you create a more malleable wax. Otherwise, the wax is rigid and clumpy.

### **Apply it to the irritated area**

Rub the wax over the bracket that is causing the irritation. It is advisable to do this in front of a mirror to see the exact area. Be gentle. You do not want to exacerbate any pain.

## Orthodontic Wax Maintenance

The wax will protect the area, but not forever. It needs to be removed and reapplied daily. There are a few daily activities that will be troublesome with the wax applied. Eating may cause food to get stuck in the wax. Remove the wax before a meal and reapply after. It may be too uncomfortable to eat without the wax. In this case, leave it in as you eat and reapply it after the meal.

Brushing your teeth will be difficult with the wax in place. The bristles on the brush will stick to the wax. Be sure to remove it before you brush and reapply it when done. A fresh application of wax while you sleep is a bonus.

Orthodontic wax should not get left for more than two days. It is likely it breaks down within two days, but it should get removed if it has not. Bacteria can build up on the wax and expose the sore.

## Helpful Tips for using Orthodontic Wax

Orthodontic wax can be a lifesaver. Proper application and maintenance will ensure a painless transition into acclimatization. Knowing all the tricks will help make your journey with braces as pain-free as possible.

Regularly replacing the wax is the most important component of the success of dental wax. Wax that gets ignored will break down. Broken down wax leaves the sore exposed to scratching again. If it is not replaced and does not break down then the bacteria that builds up is now leaving the sore vulnerable. Do not go longer than two days without removing or replacing the dental wax.

Never use too much wax when applying to the irritable bracket or wire. A clump too large will bulge and protrude causing it to fall off the bracket. It is also just a waste of perfectly good dental wax. A pea-sized amount is appropriate. The size of one of the brackets on the braces is also a good reference point.

Throughout your treatment with braces, try to check your mouth for cuts and sores regularly. You are more likely to feel the scraping and scratching early on as the mouth has not yet gotten used to the constant friction. However, areas of the mouth may be getting sore even without serious pain. Orthodontic wax is not exclusively for the first few weeks of braces. The sores can develop at any time during the treatment. The wires could become loose or a bracket gets moved after an adjustment by the orthodontist. Applying orthodontic wax should be done even if there is no pain. Checking the mouth for sores regularly will help you stay on top of any unnoticed areas that are vulnerable to infection.

Make orthodontic wax the first solution to pain related to your braces. Let's preface this with the contingency as long as the pain is not pressure-related. Do not try digging your finger in your mouth and attempt to fix any irritable wires or brackets. Reach for orthodontic wax at the first sign of pain that feels like scratching. If this pain persists, contact your orthodontist.

Apply orthodontic wax before going to sleep. The pain caused by the exposed sores may make it difficult to sleep. The wax will protect you from any discomfort. Sleeping is the ideal time for the sores to heal. There will be no food or brushing to threaten the integrity of the wax.

## Food and Orthodontic Wax

It is a major headache to think about removing the dental wax every time you eat only to reapply it when you are finished. Sometimes you want to have a snack. The hassle is unreasonable. Try not to get lackadaisical with dental wax when it comes to mealtime. Not all food will be a problem for you.

The rule of thumb is to stick to soft foods when you have dental wax applied. Foods such as pasta, cheese, and rice. Soups and stews are an option for a meal when you have dental wax applied. All liquids are appropriate and will not bother the wax. Soft fruits and cooked vegetables are healthy options that should not stick to the wax. If a baby eats it then it is okay for you too.

There are plenty of foods that should get avoided when the orthodontic wax is applied. Avoid chewy foods. Bagels are an example of chewy food that is liable to stick to the wax. In general, bread is a gray area as it walks the thin line of soft and chewy. Refrain from hard foods and crunchy snacks like chips, nuts, and popcorn. Candy and chocolate get sticky and chewy in the mouth. Both of which should get avoided when you have dental wax on.

If food does get stuck on the wax, remove it immediately after. Reapply with fresh wax to keep the cuts clean.

## Summarizing Orthodontic Wax for Braces

Orthodontic wax is your best friend, especially for the beginning of your journey with braces. Orthodontic wax protects your mouth from irritation caused by the friction of the mouth and sharp brackets or wires. The wax is completely harmless and is easy to apply. Applying dental wax should be done with a clean hand and mouth. Gently rubbing in a pea-sized amount of wax should protect the mouth from further irritation and allow the sore to heal.

Anyone using dental wax must remember to be diligent about replacing the wax multiple times a day. Be cautious about what foods get consumed with wax applied. When in doubt, remove and reapply.

Taking care of your oral health does not only apply to brushing and flossing your teeth. Braces add a foreign element to your body. Braces are left on for months so it is important to learn to live with them. Be aware of the hazards of braces. Pain and discomfort are symptoms of braces. This is especially true early on. Take care of your mouth throughout the treatment by regularly checking for sores.

Orthodontic wax is there to help. Braces are already uncomfortable, do not make them more so.