



## Your Cheat Sheet for Chatting with Parents

Use this to help you start a conversation with your parents about why you want Invisalign Teen®, not braces.

1. I know I need to get braces, but I wanted to let you know that I've looked into Invisalign Teen and I'd like to talk to you about why I think it would be a better choice for me, especially at this point in my life.
2. I'm already kind of self-conscious about my teeth, and metal wires from braces aren't going to make it any easier. Invisalign® is virtually invisible, so I could be straightening my teeth without hardly anyone even noticing.
3. Since the aligners are removable, I can play sports without worrying I'll be hit in the mouth by the ball — in braces, that can do a lot of damage. I can play my musical instrument just as I do now, but in braces I'd worry about cutting my lips trying to hit that note on the trumpet.
4. Not having brackets and wires means I can brush and floss properly. And you've always told me how important that is.
5. With Invisalign, there aren't any restrictions on food. I can easily remove the aligners to eat. But with braces, I can't even eat things like popcorn, whole apples or raw carrots.
6. I know how busy you are. Invisalign requires fewer visits to the orthodontist. With braces, you'd likely have to take me for adjustments or emergency repairs if I broke a wire or bracket.
7. Don't worry. I know it's my responsibility to wear the aligners to achieve results. I promise I will. And the aligners have blue indicators that fade with wear. If I don't wear them, the dots won't fade, you'll see that and I'll be busted.
8. If you're worried about me losing my aligners, no need — Invisalign Teen provides six replacement Aligners free, just in case.
9. I've heard that Invisalign Teen actually costs about the same as braces. If we check our dental insurance, it's possible that up to half the cost of Invisalign could already be covered.
10. I've tried to find out as much as I can about Invisalign Teen, and here's some really useful information that should help you understand more about why I think it'd be better for me than braces (10 Things Parents Need to Know About Invisalign Teen). There's even more information for parents on [Invisalign.com](https://www.invisalign.com).

