



When my wisdom teeth appeared, my front teeth became crooked and remained crooked, even after I had my wisdom teeth removed. Since I'm in my 20s, I'm not interested in traditional braces. However, I am interested in Invisalign, but I wonder how effective these braces are and how long I would have to wear them.



**Dr. Vineet Bhandari, a dentist in Hamilton, Ont., responds:**

Wisdom teeth do not necessarily cause crowding and/or a crooked smile, since one wisdom tooth cannot “push” seven teeth ahead of it. Being in your 20s does not mean you can't wear braces. You can choose to have speed brackets or porcelain brackets, which are braces that can be attached to the backs of the teeth, so they're not visible. Invisalign is another option and is effective on a broad range of cases. Your dentist can determine whether you are an ideal candidate during your initial exam or consultation. The total duration of treatment is usually equal to that of traditional braces; although, it depends on the complexity of the case.