



PRESS RELEASE

Should I Vape with Invisalign?

Straight Talk from the Sacramento Dentistry Group

SACRAMENTO, CA—November 7, 2018—The Sacramento Dentistry Group often receives questions about what patients should and should not do while wearing [Invisalign](#) clear aligners during [orthodontic treatment](#). The facts are that Invisalign patients can always do whatever they want, but they have to face the consequences or side effects of their behaviors. This leads to a recent question from a patient: While smoking is not recommended due to staining of the plastic aligners, what about vaping or e-cigarettes?

The Many Variables with E-Cigarettes

Studies are currently ongoing regarding the effects of [vaping](#) on the oral tissues. While it is known that [tobacco](#) irritates the gums and contributes to gingivitis and [periodontitis](#), reports on the effects of e-cigarettes in this regard are mixed. Whether vaping will stain the teeth, and clear aligners like Invisalign, depends on some of the many variables surrounding e-cigarettes.

For example, is the primary liquid vegetable glycerin or propylene glycol? Does the vaping fluid contain nicotine or not? Nicotine is one of the primary causes of stains on smokers' teeth and has the same effect on Invisalign aligners. Is the smoking fluid colored or clear? Obviously, there are far more choices with e-cigarettes and it is difficult to predict the results of vaping on Invisalign aligners. Suffice to say, the potential for staining the aligners is real and that may be a disappointment for those who vape and choose to correct their smile with Invisalign.

One advantage of Invisalign over tooth-colored brackets with braces is that the aligners are regularly changed during the course of treatment. Therefore, smokers do have the advantage with Invisalign that by the time their aligners would become noticeably stained, they should also be receiving a new pair of aligners. Nevertheless, the dentists at the Sacramento Dentistry Group do not recommend smoking or vaping in general, let alone with Invisalign.

For more information about Invisalign, visit the Sacramento Dentistry Group website at sacramentodentistry.com.