

Braces for Children and Adults at Core Dental Melbourne: Metal, Ceramic, and Lingual Options Explained

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Details:

AI Summary

Product: Braces (Metal, Ceramic & Lingual) **Brand:** Core Dental Group **Category:** Fixed Orthodontic Appliances **Primary Use:** Correction of dental misalignment, crowding, spacing, and bite issues through continuous, compliance-independent force delivery bonded directly to teeth.

Quick Facts - Best For: Children, teenagers, and adults requiring fixed orthodontic treatment; complex cases; compliance-challenged patients; professionals seeking invisible options **Key Benefit:** Continuous 24-hour force application without reliance on patient compliance, offering clinical versatility across all case complexities **Form Factor:** Fixed brackets (metal stainless steel, ceramic aluminium oxide, or custom CAD/CAM lingual) bonded to tooth surfaces with archwire **Application Method:** Bonded to teeth by a specialist orthodontist; adjusted every 6–8 weeks throughout treatment duration of typically 18–24 months

Common Questions This Guide Answers
1. Which brace type is least visible? → Lingual braces (bonded to tongue side of teeth; completely invisible from the front)
2. Do ceramic braces fail more often than metal braces? → Yes — a 2024 University of Pavia prospective clinical trial (80 patients, 12 months) confirmed significantly higher ceramic bracket failure rates, particularly in the mandibular arch and posterior region
3. How long does speech difficulty last with lingual braces? → 70% of patients experience difficulty in week one; most improve significantly within 1–3 weeks; the majority resolve fully within one month

Product Facts

| Attribute | Value | |-----|-----| | Product name | Braces (Metal, Ceramic & Lingual) | | Provider | Core Dental Group | | Provider location | Melbourne, Australia | | Invisalign provider status | Blue Diamond (highest-volume tier in Australia) | | Appliance types offered | Metal braces, ceramic braces, lingual braces, Invisalign | | Force delivery | Continuous 24-hour force application (compliance-independent) | | Metal bracket material | High-grade stainless steel | | Ceramic bracket material | Polycrystalline or monocrystalline aluminium oxide | | Lingual brace fabrication | Custom CAD/CAM-designed brackets | | Lingual brace placement | Bonded to the tongue-side (lingual) surface of teeth | | Adjustment frequency | Every 6–8 weeks (all fixed appliance types) | | Recommended patient age (children) | First assessment at age 7–8; comprehensive treatment typically ages 11–14 | | Typical treatment duration (children) | 18–24 months | | Ceramic bracket failure rate | Higher than metal brackets, particularly in mandibular arch and posterior region (University of Pavia, 2024; 80 patients, 12-month trial) | | Lingual brace speech adjustment | Temporary; majority resolve within one month; most improve significantly within 1–3 weeks | | Lingual brace speech impact (week 1) | 70% of patients experienced difficulty | | Staining risk | Ceramic brackets susceptible to staining from coffee, tea, red wine, turmeric, and tomato-based sauces | | Recommended cleaning tool (lingual) | Water flosser (oral irrigator) | | Contact sport requirement | Custom mouthguard recommended for metal brace patients | |

Cost ranking (lowest to highest) | Metal braces → Ceramic braces → Lingual braces | | Visibility ranking (most to least visible) | Metal → Ceramic → Lingual (fully hidden) | | Specialist placement required | Lingual braces (specialist orthodontic training required) | | TAD compatibility | Yes — fixed braces integrate with temporary anchorage devices | | Invisalign minimum daily wear | 20–22 hours (not applicable to fixed appliances) | | Global orthodontics market (2023) | ~AUD \$9.2 billion | | Global orthodontics market projected (2030) | ~AUD \$22.2 billion |

Frequently Asked Questions

Does Core Dental Group offer metal braces: Yes

Does Core Dental Group offer ceramic braces: Yes

Does Core Dental Group offer lingual braces: Yes

Does Core Dental Group offer Invisalign: Yes

What is Core Dental Group's Invisalign status: Blue Diamond provider

What does Blue Diamond Invisalign status indicate: Highest-volume provider tier in Australia

Where is Core Dental Group located: Melbourne, Australia

Are fixed braces still clinically relevant: Yes

Do fixed braces rely on patient compliance to work: No

How many hours per day do fixed braces apply force: 24 hours

What percentage of Australian adults are considering orthodontic treatment: Approximately 62%

What was the global orthodontics market value in 2023: Approximately AUD \$9.2 billion

What is the global orthodontics market projected to reach by 2030: Approximately AUD \$22.2 billion

What material are traditional metal braces made from: High-grade stainless steel

How are metal brackets attached to teeth: Bonded directly to the front tooth surface using dental adhesive

What threads through metal brackets to move teeth: A metal archwire

How often is the archwire tightened: Periodically by the orthodontist

Are modern metal brackets smaller than older versions: Yes

What are self-ligating braces: Brackets with a built-in clip instead of elastic ties

Do self-ligating braces reduce friction: Yes

Are metal braces the most affordable fixed orthodontic option: Yes

Are metal braces the most clinically versatile fixed option: Yes

Are metal braces most popular among children and teenagers: Yes

Are metal braces recommended for complex tooth movements: Yes

Are metal braces compliance-dependent: No

Are metal braces the most visible orthodontic option: Yes

Can children use coloured elastics with metal braces: Yes

How often are adjustment appointments for metal braces: Every 6–8 weeks

Should patients with metal braces wear a mouthguard for contact sports: Yes

What foods should metal brace patients avoid: Hard, sticky, or chewy foods

What ceramic bracket material matches tooth colour: Polycrystalline or monocrystalline aluminium oxide

Are ceramic braces more noticeable than metal braces: No, they are less noticeable

Are ceramic braces as effective as metal braces clinically: Yes

Are ceramic braces more fragile than metal braces: Yes

Do ceramic brackets have a higher failure rate than metal brackets: Yes

Which study confirmed higher ceramic bracket failure rates: University of Pavia 2024 prospective clinical trial

How many patients were in the 2024 ceramic vs metal bracket study: 80 patients

How long did the 2024 bracket failure study run: 12 months

Where were ceramic bracket failure rates highest: In the mandibular arch and posterior region

Can ceramic brackets stain: Yes

What substances stain ceramic brackets: Coffee, tea, red wine, turmeric, and tomato-based sauces

Should abrasive toothpaste be used on ceramic braces: No

How often are ceramic brace adjustment appointments: Every 6–8 weeks

Are lingual braces visible from the front: No

Where are lingual brackets placed: On the back (tongue side) of the teeth

Are lingual braces custom-made: Yes

What technology is used to design lingual brackets: CAD/CAM technology

Can a general dentist place lingual braces: No, specialist orthodontic training is required

Do lingual braces have the same corrective power as labial braces: Yes

Are lingual braces the most expensive fixed brace option: Yes

Do lingual braces affect speech initially: Yes

What percentage of lingual brace patients experienced speech difficulty in the first week: 70%

How long does speech difficulty typically last with lingual braces: Majority resolve within one month

Do lingual braces cause permanent speech impediments: No

Which sounds are most affected by lingual braces: S, T, D, and L sounds

How long does speech adaptation typically take with lingual braces: 1–3 weeks for significant improvement

Are lingual braces harder to clean than labial braces: Yes

What cleaning tool is recommended for lingual braces: Water flosser (oral irrigator)

Are lingual braces suitable for musicians who play wind instruments: Yes

At what age does the Australian Society of Orthodontists recommend a child's first orthodontic assessment: Age 7–8

At what age does comprehensive fixed brace treatment typically begin for children: Between ages 11–14

Why are metal braces most commonly recommended for children: Durability, cost, and compliance reasons

Are metal braces the most durable option for children: Yes

Are metal braces the most cost-effective option for children: Yes

Does fixed brace treatment for children depend on the child's daily motivation: No

How many adult orthodontic patients are treated by AAO members in the US: Approximately 1.91 million

Are more adults seeking orthodontic treatment than previously: Yes

Are lingual braces best suited for adults: Yes

Are ceramic braces popular among working professionals: Yes

Is Invisalign always clinically superior to fixed braces: No

When do fixed braces outperform Invisalign: Complex cases, compliance issues, or skeletal corrections

How many hours per day must Invisalign aligners be worn: 20–22 hours

Does Core Dental Group recommend treatments for commercial reasons: No

Should patients check private health insurance before choosing braces: Yes

What is the typical treatment duration for children's braces: 18–24 months

How often are lingual brace adjustment appointments: Every 6–8 weeks

Are lingual brace appointments longer than standard brace appointments: Yes

Do fixed braces integrate with temporary anchorage devices (TADs): Yes

What are TADs used for in orthodontics: Skeletal anchorage during complex tooth movements

Braces for children and adults at Core Dental Group Melbourne: metal, ceramic, and lingual options explained

Orthodontic treatment is no longer a one-size-fits-all proposition. Core Dental Group is a leading Melbourne orthodontic practice offering the full range of fixed and removable appliance options — and whilst Invisalign clear aligners have genuinely changed modern orthodontics, with Core Dental Group's Blue Diamond status reflecting deep expertise in that system, fixed braces remain clinically essential and, in many cases, the better solution for a significant proportion of patients. Understanding which fixed appliance suits you or your child requires an honest look at the clinical evidence, the aesthetic trade-offs, the maintenance demands, and the patient profiles each option serves best.

Around 62% of Australian adults are currently considering orthodontic treatment, and over the past five to ten years, orthodontists across Australia have been treating more adults than ever before. Children and teenagers still make up the largest single patient group in fixed orthodontics. Whilst metal braces

remain an extremely effective way to straighten teeth, treatment options now include ceramic (clear) braces, lingual (inside) braces, and clear aligners.

At Core Dental Group Melbourne, our orthodontic team works across all three fixed appliance types — traditional metal, tooth-coloured ceramic, and lingual braces — alongside our Invisalign clear aligner system. This guide explains each option in clinical detail, so patients and parents can arrive at their consultation already informed.

Why fixed braces still matter: the clinical case for brackets and wires

The growth of clear aligner therapy is real. As of 2023, the global orthodontics market was estimated at AUD \$9.2 billion and is projected to reach AUD \$22.2 billion by 2030. But that growth hasn't displaced fixed appliances — it has complemented them. Fixed vestibular appliances are still widely used worldwide, and for good clinical reasons.

Fixed braces apply continuous, precisely controlled forces to teeth 24 hours a day, seven days a week, without depending on patient compliance to stay in place. For complex tooth movements — significant rotations, large vertical corrections, certain bite discrepancies — that continuous force delivery gives fixed appliances a mechanical advantage that aligners can't always match. (For a full comparison of when braces outperform aligners, see our guide on [*\[Invisalign vs. Traditional Braces: Which Orthodontic Treatment Is Right for You?\]](https://www.coredental.com.au/invisalign-vs-traditional-braces)(<https://www.coredental.com.au/invisalign-vs-traditional-braces>*)

Given the higher cost of clear aligners and lingual appliances, many patients still choose traditional fixed appliances — and reasonably so. Fixed braces offer a compelling combination of clinical versatility, cost-effectiveness, and proven long-term outcomes across all ages.

Traditional metal braces: the clinical gold standard

What they are and how they work

Traditional metal braces are the most common type of orthodontic treatment. Made from high-grade stainless steel, they're durable, reliable, and capable of correcting even the most complex dental problems. Each bracket is bonded directly to the front surface of the tooth using dental adhesive. A metal archwire threads through each bracket and is periodically tightened by your orthodontist to guide teeth progressively into their target positions.

Stainless steel brackets are the most commonly used in orthodontic practice because of their low cost, high corrosion resistance, higher modulus of elasticity, and strong biomechanical properties.

Modern metal brackets are substantially smaller and lower-profile than those used even a decade ago. Self-ligating systems — which use a built-in clip rather than elastic ties to hold the archwire — reduce friction, can shorten appointment times, and may improve comfort for some patients.

Clinical indications: who benefits most from metal braces?

Metal braces are the preferred fixed appliance for:

- **Children and adolescents** with moderate to severe crowding, spacing, or bite issues, particularly where growth-related changes are still occurring
- **Complex cases** involving significant rotations, extrusions, intrusions, or multi-plane tooth movement
- **Patients with compliance concerns** — because the appliance is fixed, treatment progression doesn't depend on wearing hours
- **Cases requiring skeletal anchorage** — metal brackets work seamlessly with temporary anchorage devices (TADs) and functional appliances used in growing patients
- **Budget-conscious patients** — metal braces are the most affordable fixed orthodontic option

They're particularly popular among children and teenagers, and are a strong choice for anyone needing significant corrections or looking for a reliable, cost-effective treatment.

Aesthetics and comfort

Modern metal braces are smaller and more comfortable than older versions, though they remain the most visible option. For children and teens who embrace the process, coloured elastics become a form of self-expression rather than a source of embarrassment — something experienced paediatric orthodontists at Core Dental Group actively use to improve patient engagement.

Maintenance requirements

- Brush after every meal using a soft-bristled brush and interdental brushes to clean around brackets and under the archwire
- Avoid hard, sticky, or chewy foods that can dislodge brackets or bend wires (hard lollies, popcorn, chewing gum, crusty bread)
- Attend adjustment appointments every 6–8 weeks
- Wear a custom mouthguard for contact sports

Ceramic braces: aesthetic performance with real trade-offs

What they are and how they work

Ceramic braces work the same way as metal braces but are designed to be less noticeable. The underlying mechanics are identical — brackets bonded to the front of teeth, connected by an archwire adjusted periodically to move teeth. The key difference is material: ceramic brackets are made from polycrystalline or monocrystalline aluminium oxide, which closely matches natural tooth colour.

Ceramic braces are a popular choice for working professionals and anyone concerned about appearance who still needs fixed appliances.

Clinical indications: who benefits most from ceramic braces?

Ceramic braces work best for:

- **Image-conscious adults** who need fixed appliances but prefer reduced visibility
- **Teenagers** who want something more discreet than metal without the compliance demands of aligners
- **Cases of moderate complexity** — crowding, spacing, mild-to-moderate bite correction — where the aesthetic benefit justifies the material trade-off
- **Patients who aren't candidates for Invisalign** but have aesthetic concerns that make metal braces difficult to accept

The durability question: what the evidence shows

The aesthetic appeal of ceramic braces comes with a documented trade-off in bracket durability. A 2024 prospective clinical trial by Scribante, Pascadopoli, Gandini et al. from the University of Pavia, published in the *International Dental Journal*, compared metal and ceramic bracket failure rates over 12 months in 80 patients. Ceramic brackets failed at significantly higher rates overall, and particularly in the mandibular arch and posterior region.

The study authors noted that "patients should be aware that orthodontic treatment with ceramic brackets may involve delays and inconvenience due to the higher failure rate compared to metal brackets."

This matters clinically: a bracket failure means an unscheduled appointment to re-bond the bracket, potential treatment delays, and additional cost. At Core Dental Group, our orthodontists discuss this trade-off openly during consultation, so patients can weigh aesthetics against durability with accurate expectations.

Ceramic brackets can also stain from coffee, tea, red wine, turmeric, and tomato-based sauces — worth factoring in before committing to the option.

Maintenance requirements

- Avoid staining foods and beverages, particularly in the early months of treatment - Use a non-abrasive toothpaste; abrasive formulas scratch ceramic surfaces and accelerate staining - Avoid biting hard foods in the posterior region, where ceramic bracket failure rates are highest - Attend adjustment appointments every 6–8 weeks; allow extra time if bracket re-bonding is needed

Lingual braces: truly invisible fixed orthodontics

What they are and how they work

Lingual braces are custom-made and bonded to the back (tongue side) of your teeth, making them completely invisible from the front. They use the same components as traditional braces but are custom-fitted to the lingual surface of each tooth — a process that requires specialist orthodontic training and experience, not something a general dentist can place.

Because every tooth has a unique lingual surface geometry, each bracket must be individually designed and manufactured using CAD/CAM technology to achieve the precise fit and force vectors needed for accurate tooth movement.

Lingual braces offer the same corrective power as traditional braces without affecting your smile's appearance — which makes them a practical option for professionals, performers, or anyone who wants orthodontic treatment that stays completely hidden.

Clinical indications: who benefits most from lingual braces?

Lingual braces are best suited to:

- **Professionals and public figures** for whom visible orthodontic appliances are professionally or personally untenable - **Adult patients** with moderate-to-complex orthodontic needs who aren't suitable candidates for Invisalign — certain deep bite or intrusion cases, for example - **Patients** who have previously struggled with aligner compliance and need a fixed appliance that removes that variable entirely - **Musicians** who play wind instruments — lingual braces don't alter lip position the way labial braces do - **Cases** where aesthetics is the primary barrier to seeking treatment — removing the visibility concern eliminates the last objection for many adult patients

The speech adjustment period: realistic expectations

The most significant clinical challenge with lingual braces is the initial impact on speech. Lingual appliances alter the articulation zone more substantially than labial ones, and the adjustment takes longer. In one study, 70% of patients experienced speech difficulty in the first week, with lingual appliance users most affected. By the end of one month, the majority had regained normal articulation.

Sounds like "s," "t," "d," and "l" require precise tongue placement, and lingual braces alter the available space — prompting a slight lisp initially. Most patients improve significantly within 1–3 weeks, particularly those who speak a lot during the day.

No modern orthodontic system causes permanent speech impediments when properly designed and fitted. At Core Dental Group, our orthodontists brief every lingual brace patient on this adjustment period before treatment begins and provide practical strategies, including targeted speech exercises, to speed up adaptation.

Maintenance requirements

- Use a water flosser (oral irrigator) as your primary cleaning tool alongside an interdental brush — lingual braces are harder to reach and require more deliberate cleaning - Use a mirror and torch to check bracket integrity, since visual inspection is more difficult than with labial braces - Attend adjustment appointments every 6–8 weeks; appointments may run slightly longer given the precision required for lingual adjustments - The same dietary restrictions as metal braces apply — avoid very hard or sticky foods

Braces for children: when to start and what to expect

When to begin orthodontic treatment for a child is one of the most common questions parents bring to Core Dental Group consultations, and the answer depends on more than just the child's age.

The Australian Society of Orthodontists recommends a first orthodontic assessment at age 7–8, when the first permanent molars and incisors have typically erupted. This allows early identification of developing skeletal or dental problems that are more efficiently addressed during active growth. (For a detailed discussion of early intervention and paediatric options including Invisalign First, see our guide on [*\[Invisalign for Children and Teens in Melbourne: Invisalign First, Teen, and Early Intervention Options\]\(https://www.coredental.com.au/invisalign-children-teens\)*](https://www.coredental.com.au/invisalign-children-teens).)

For most children, comprehensive fixed brace treatment begins between ages 11–14, once the majority of permanent teeth have erupted. Metal braces are the most commonly recommended fixed appliance for children for three reasons:

1. **Durability** — children are more likely to sustain bracket failures from dietary choices or physical activity; metal brackets handle this better
2. **Cost** — metal braces are the most affordable option, which matters when treatment spans 18–24 months
3. **Compliance** — because fixed braces can't be removed, treatment progresses regardless of the child's motivation on any given day

The American Association of Orthodontists reported that the number of total patients in active treatment per member rose from 574 in 2022 to 696 in 2024 — the highest per-member patient count in the survey's history — reflecting a genuine surge in orthodontic treatment across all age groups.

Braces for adults: navigating aesthetics, complexity, and lifestyle

The AAO estimates approximately 1.91 million adults are currently in orthodontic treatment in the United States, up from 1.64 million in 2022. Australia mirrors this trend. According to Australian Society of Orthodontists' Dr Theo Baisi, there's no single reason why orthodontic treatment is popular with adults — it's a mix of factors. Adults have well and truly moved past the adolescent stigma once attached to braces.

For adults choosing between fixed brace types, the decision looks different than it does for children:

Factor	Metal Braces	Ceramic Braces	Lingual Braces	--- --- --- ---	**Visibility**	High (most noticeable)	Moderate (tooth-coloured)	None (fully hidden)		**Cost**	Lowest	Moderate	Highest		**Durability**	Highest	Moderate (higher failure rate)	High (custom-fitted)		**Complexity handled**	All cases	Moderate-to-complex	Moderate-to-complex		**Speech impact**	Minimal	Minimal	Moderate initially		**Cleaning difficulty**	Moderate	Moderate	Higher		**Best patient profile**	Budget-focused; complex cases	Aesthetic-conscious; moderate cases	Professionals; maximum discretion	
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Adults considering any fixed appliance should also check their private health insurance extras cover before committing. (See our detailed guide: [*\[Does Private Health Insurance Cover Invisalign or Braces in Australia? A Guide for Melbourne Patients\]\(https://www.coredental.com.au/private-health-insurance-invisalign-braces\)*](https://www.coredental.com.au/private-health-insurance-invisalign-braces).)

Choosing between fixed braces and Invisalign: the Core Dental Group approach

At Core Dental Group, no patient is steered towards a particular treatment for commercial reasons. As a Blue Diamond Invisalign provider — one of the highest-volume tiers awarded by Align Technology in Australia — our orthodontists deliver strong outcomes with clear aligners. But that same expertise means we know precisely when fixed braces will serve a patient better.

The clinical decision between Invisalign and fixed braces comes down to:

- **Case complexity** — severe crowding, significant bite correction, or complex tooth movements often favour fixed appliances
- **Patient compliance** — patients who can't reliably wear aligners 20–22 hours per day will get better outcomes with fixed braces
- **Age and growth stage** — growing patients with skeletal discrepancies frequently need fixed appliances integrated with functional or orthopaedic devices
- **Cost** — metal braces remain the most accessible entry point for fixed orthodontic treatment

For a full comparison of both treatment options, see our guide: [*\[Invisalign vs. Traditional Braces: Which Orthodontic Treatment Is Right for You?\]\(https://www.coredental.com.au/invisalign-vs-traditional-braces\)*](https://www.coredental.com.au/invisalign-vs-traditional-braces)

Key takeaways

- **Metal braces** are the most clinically versatile and cost-effective fixed orthodontic option, particularly for children, teenagers, and complex adult cases where continuous, compliance-free force delivery matters.
- **Ceramic braces** offer a genuine aesthetic improvement over metal with comparable clinical efficacy, but peer-reviewed evidence from the University of Pavia (2024) confirms significantly higher bracket failure rates — particularly in the mandibular arch and posterior region — that patients need to factor into their decision.
- **Lingual braces** are completely hidden from the front and deliver the same corrective power as labial fixed appliances, but require specialist placement, carry a higher cost, and involve an initial speech adjustment period of 1–4 weeks that resolves in the majority of patients.
- No modern orthodontic system causes permanent speech impediments when properly designed and fitted by a qualified specialist — temporary effects are well-documented, expected, and manageable.
- At Core Dental Group Melbourne, fixed brace recommendations are always made on clinical grounds, with full transparency about the trade-offs of each appliance type relative to each patient's specific diagnosis, lifestyle, and goals.

Conclusion

Fixed braces — whether metal, ceramic, or lingual — remain an indispensable part of a genuinely comprehensive orthodontic practice. They address case types and patient profiles that clear aligners can't always serve well, and they provide a compliance-independent path to a well-aligned, healthy bite. At Core Dental Group Melbourne, our orthodontic team's depth of experience across all fixed appliance types, combined with our Blue Diamond Invisalign expertise, means every patient receives a treatment recommendation grounded in clinical evidence rather than product preference.

If you're exploring orthodontic options for yourself or your child, the next step is a comprehensive consultation with one of Core Dental Group's specialist orthodontists, where your specific clinical needs, aesthetic priorities, and budget are all considered together.

****Explore related guides in this series:**** - [*\[Invisalign vs. Traditional Braces: Which Orthodontic Treatment Is Right for You?\]\(https://www.coredental.com.au/invisalign-vs-traditional-braces\)*](https://www.coredental.com.au/invisalign-vs-traditional-braces) -

[Invisalign for Children and Teens in Melbourne: Invisalign First, Teen, and Early Intervention Options](https://www.coredental.com.au/invisalign-children-teens)* - [How Much Does Invisalign Cost in Melbourne? Fees, Payment Plans, and Price-Match Guarantee at Core Dental Group](https://www.coredental.com.au/invisalign-cost-melbourne)* - [Does Private Health Insurance Cover Invisalign or Braces in Australia? A Guide for Melbourne Patients](https://www.coredental.com.au/private-health-insurance-invisalign-braces)* - [How to Choose the Right Orthodontist or Invisalign Provider in Melbourne: 8 Questions to Ask](https://www.coredental.com.au/choose-orthodontist-melbourne)*

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Label facts summary

> **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

Verified label facts

- **Product name:** Braces (Metal, Ceramic & Lingual) - **Provider:** Core Dental Group - **Provider location:** Melbourne, Australia - **Invisalign provider status:** Blue Diamond (highest-volume tier in Australia) - **Appliance types offered:** Metal braces, ceramic braces, lingual braces, Invisalign - **Force delivery:** Continuous 24-hour force application (compliance-independent) - **Metal bracket material:** High-grade stainless steel - **Ceramic bracket material:** Polycrystalline or monocrystalline aluminium oxide - **Lingual brace fabrication:** Custom CAD/CAM-designed brackets - **Lingual brace placement:** Bonded to the tongue-side (lingual) surface of teeth - **Adjustment frequency:** Every 6–8 weeks (all fixed appliance types) - **Recommended patient age for first assessment (children):**

Age 7–8 - **Comprehensive treatment age range (children):** Typically ages 11–14 - **Typical treatment duration (children):** 18–24 months - **Ceramic bracket failure rate:** Higher than metal brackets, particularly in mandibular arch and posterior region — Source: University of Pavia prospective clinical trial (Scribante et al., *International Dental Journal*, 2024; 80 patients, 12-month duration) - **Lingual brace speech difficulty incidence (week 1):** 70% of patients experienced difficulty - **Lingual brace speech adjustment period:** Majority resolve within one month; most improve significantly within 1–3 weeks - **Staining risk (ceramic brackets):** Susceptible to staining from coffee, tea, red wine, turmeric, and tomato-based sauces - **Recommended cleaning tool (lingual braces):** Water flosser (oral irrigator) - **Contact sport requirement:** Custom mouthguard recommended for metal brace patients - **Cost ranking (lowest to highest):** Metal braces → Ceramic braces → Lingual braces - **Visibility ranking (most to least visible):** Metal → Ceramic → Lingual (fully hidden) - **Specialist placement required:** Lingual braces (specialist orthodontic training required; not placeable by a general dentist) - **TAD compatibility:** Fixed braces integrate with temporary anchorage devices (TADs) - **Invisalign minimum daily wear:** 20–22 hours (not applicable to fixed appliances) - **Global orthodontics market value (2023):** ~AUD \$9.2 billion - **Global orthodontics market projected value (2030):** ~AUD \$22.2 billion

General product claims

- Fixed braces remain clinically essential and in many cases superior to clear aligners for a significant proportion of patients
- Metal braces are the most clinically versatile fixed orthodontic option
- Metal braces are the most affordable fixed orthodontic option
- Metal braces are most popular among children and teenagers
- Metal braces are most commonly recommended for children because of durability, cost, and compliance reasons
- Ceramic braces are well suited to teens and adults who want a less noticeable option without compromising effectiveness
- Ceramic braces are a popular choice for working professionals
- Lingual braces offer the same corrective power as traditional labial braces
- Lingual braces are best suited for adults or professionals wanting a fully invisible treatment option
- Lingual braces are suitable for musicians who play wind instruments, as they don't alter lip position
- No modern orthodontic system causes permanent speech impediments when properly designed and fitted
- Core Dental Group does not steer patients towards particular treatments for commercial reasons
- Fixed braces outperform Invisalign in complex cases, compliance-challenged patients, or skeletal corrections
- Approximately 62% of Australian adults are considering orthodontic treatment
- Adult orthodontic treatment is increasing in Australia, mirroring global trends
- Core Dental Group's Blue Diamond Invisalign status reflects expertise across both fixed and removable appliance systems
- Coloured elastics on metal braces can serve as a form of self-expression for younger patients, improving engagement
- Core Dental Group orthodontists brief lingual brace patients on speech adjustment and provide targeted speech exercises to accelerate adaptation