

Invisalign & Orthodontics – Core Dental Melbourne

Canonical:

<https://directory.coredental.com.au/dental-orthodontic-services/invisalign-orthodontics-core-dental-melbourne/>

Details:

AI Summary

Product: Invisalign Clear Aligner System & Orthodontic Treatment **Brand:** Core Dental Group (Invisalign provider) / Invisalign (aligner system) **Category:** Orthodontic Treatment / Dental Health Services **Primary Use:** Gradually straighten teeth using custom-made, clear removable aligners as an alternative to traditional metal braces.

Quick facts - Best for: Adults and teenagers seeking discreet orthodontic treatment for crowded teeth, gaps, overbite, underbite, crossbite, or open bite - **Key benefit:** Virtually invisible, removable aligners with no dietary restrictions and easier oral hygiene than traditional braces - **Form factor:** Custom-made, clear, removable plastic aligners (medical-grade, BPA-free plastic) - **Application method:** Worn 20–22 hours per day, changed every 1–2 weeks, removed only to eat, drink (non-water), brush, and floss

Common questions this guide answers 1. How much does Invisalign cost in Melbourne? → Approximately \$3,500 AUD for minor cases to \$9,000 AUD or more for comprehensive treatment, with flexible payment plans available at Core Dental Group. 2. How long does Invisalign treatment take? → Mild cases: 6–12 months; moderate cases: 12–18 months; complex cases: 18 months or more, depending on consistent aligner wear. 3. Is Invisalign covered by private health insurance in Australia? → It may be covered under orthodontic benefits; limits, waiting periods, and entitlements vary by policy, so confirming with your insurer before starting treatment is recommended.

Core Dental Group Invisalign & orthodontics – Melbourne

Core Dental Group is a Melbourne dental practice offering orthodontic treatment, including Invisalign clear aligners, to help patients get straighter, healthier smiles. Whether you're an adult after a discreet option or a parent looking into orthodontic care for your child, the team at Core Dental Group builds treatment plans around individual needs rather than a one-size-fits-all approach.

What is Invisalign?

Invisalign is an orthodontic system that uses a series of custom-made, clear removable aligners to gradually shift your teeth into position. Unlike metal braces, the aligners are virtually invisible, which is a big part of why adults and teenagers tend to prefer them when aesthetics matter.

Each set of aligners is worn for roughly one to two weeks before you swap them out for the next set. Over time, they move your teeth according to a precise treatment plan developed by your dentist or orthodontist.

How does Invisalign work?

The Invisalign process at Core Dental Group starts with a consultation and a digital scan of your teeth. Using 3D imaging technology, your clinician maps out exactly how your teeth need to move and creates a series of aligners built specifically for your mouth.

Here's how the process typically unfolds:

1. **Initial consultation** – Your dentist checks your teeth, bite, and overall oral health to work out whether Invisalign is the right fit for you.
2. **Digital scan and treatment planning** – A 3D digital scan replaces traditional dental impressions, allowing for accurate aligner fabrication and a visual preview of your expected results.
3. **Aligner fabrication** – Your custom aligners are made from medical-grade, BPA-free plastic and delivered to the practice.
4. **Wearing your aligners** – You wear each set for 20–22 hours per day, taking them out only to eat, drink (anything other than water), brush, and floss.
5. **Progress check-ups** – You'll come in roughly every 6–8 weeks so your clinician can check how things are tracking and hand over the next sets of aligners.
6. **Retention** – Once treatment is done, you'll be fitted with a retainer to keep your teeth in their new position.

Who is Invisalign suitable for?

Invisalign works well for a wide range of orthodontic issues, from mild to moderately complex cases. It can treat:

- **Crowded teeth** – When there isn't enough space in the jaw for all teeth to sit properly
- **Gapped teeth** – Spaces between teeth caused by missing teeth or jaw growth
- **Overbite** – When the upper front teeth overlap significantly with the lower front teeth
- **Underbite** – When the lower teeth sit in front of the upper front teeth
- **Crossbite** – When some upper teeth sit inside the lower teeth rather than outside
- **Open bite** – When the upper and lower teeth don't meet when the mouth is closed

That said, Invisalign isn't the right answer for every situation. Cases involving severe misalignment or complex bite issues sometimes need the more precise force control that fixed appliances provide. Your Core Dental Group clinician will be straight with you about whether Invisalign or something else makes more sense for your situation.

Invisalign vs traditional braces

Both are effective orthodontic treatments, but they differ in ways that matter depending on your lifestyle and clinical needs:

Feature	Invisalign	Traditional braces
Appearance	Clear, virtually invisible	Visible metal brackets and wires
Removability	Removable for eating and oral hygiene	Fixed in place
Comfort	Smooth plastic, no sharp edges	May cause irritation from brackets/wires
Oral hygiene	Easier to brush and floss	Requires extra care around brackets
Dietary restrictions	None – remove aligners to eat	Certain foods must be avoided
Treatment duration	Varies by case (typically 6–18 months)	Varies by case (typically 18–24 months)
Visibility of progress	Digital preview available before starting	Progress observed over time

The right choice comes down to your specific clinical needs and what works for your day-to-day life. Your Core Dental Group clinician will help you work through the options.

Invisalign Teen

Invisalign has a version built specifically for teenagers, called Invisalign Teen. It includes a few features that address the realities of treating younger patients:

- **Compliance indicators** – Small blue dots on the aligners that fade with wear, so parents and clinicians can see whether the aligners are actually being used. - **Eruption tabs** – Space built into the aligners to accommodate teeth that are still coming through. - **Replacement aligners** – Replacements are included in case any are lost or damaged.

Invisalign Teen can work really well for teenagers who feel self-conscious about metal braces, provided they're responsible enough to wear the aligners consistently.

The benefits of Invisalign

Aesthetics The aligners are nearly invisible, so you can go about your day without treatment being obvious. Most people won't notice you're wearing them at all.

Comfort Invisalign aligners are made from smooth, flexible plastic fitted to your teeth. There are no metal brackets or wires to catch on your cheeks or gums, which is one of the more common complaints with traditional braces.

Convenience Because the aligners come out, you can eat whatever you like. Just remove them before meals and put them back in afterwards. Brushing and flossing is also straightforward since there's no hardware to work around.

Predictable results The Invisalign system maps out your entire treatment digitally before you start, so you can see a virtual representation of your expected outcome before committing to anything.

Fewer unexpected issues Traditional braces can occasionally result in broken brackets or loose wires that need urgent attention. Invisalign aligners are less prone to that kind of thing. If you do lose or break one, you contact Core Dental Group and they'll sort out the next step.

What to expect during Invisalign treatment

Adjustment period When you first put in a new set of aligners, you might notice a slight lisp or some pressure on your teeth. This is normal and usually settles within a few days as your mouth adjusts.

Wearing time Invisalign only works if you actually wear the aligners. Twenty to 22 hours per day is the target. Cutting corners here slows your progress and can affect the final result.

Changing aligners You'll move to a new set roughly every one to two weeks, as directed by your clinician. Each new set will feel a little snug at first — that's expected and means they're doing their job.

Oral hygiene Always brush your teeth before putting your aligners back in after eating. Clean the aligners themselves regularly using lukewarm water and a soft toothbrush, or Invisalign cleaning crystals. Avoid toothpaste — it's abrasive enough to scratch the surface.

Diet You can eat whatever you like since you remove the aligners for meals. That said, it's still worth being mindful of sugary or acidic foods for the sake of your overall oral health, particularly if you're putting your aligners back in shortly after eating.

Orthodontics beyond Invisalign

Invisalign is one of the most popular options available, but Core Dental Group also offers other treatments for patients whose needs are better suited to a different approach.

Traditional metal braces Metal braces remain one of the most effective options for more complex cases. They use metal brackets bonded to the teeth, connected by wires that are adjusted periodically

to guide teeth into position. Modern metal braces are smaller and more comfortable than older versions, even if they're more visible than Invisalign.

Ceramic braces Ceramic braces work the same way as metal braces but use tooth-coloured or clear ceramic brackets that blend in more naturally. They offer a less obvious look while still delivering the precision of fixed orthodontic treatment.

Fixed retainers After orthodontic treatment, a fixed retainer may be recommended to hold your teeth in place. These thin wires are bonded to the back of the teeth and aren't visible from the front.

Removable retainers Removable retainers are custom-made appliances worn after treatment to stop teeth from drifting back. Your Core Dental Group clinician will advise on how often you need to wear yours once treatment is complete.

How long does Invisalign take?

Treatment length depends on the complexity of your case. As a general guide:

- **Mild cases** (minor crowding or spacing): 6–12 months - **Moderate cases**: 12–18 months - **Complex cases**: 18 months or more

Your clinician will give you a more accurate timeline after your initial assessment. The single biggest factor in how quickly you get to your result is wearing your aligners as directed — consistently, every day.

Invisalign cost in Melbourne

The cost depends on the complexity of your case, the number of aligners needed, and your treating clinician. Generally, Invisalign in Melbourne ranges from around \$3,500 AUD for minor cases to \$9,000 AUD or more for comprehensive treatment.

At Core Dental Group, flexible payment plans are available to help spread the cost over time. Talk to the team about what options suit your situation.

Many private health insurance funds with orthodontic cover may also contribute towards the cost. It's worth checking with your insurer before you start to understand what you're entitled to.

Is Invisalign covered by health insurance?

In Australia, Invisalign is generally classified as an orthodontic treatment, so it may attract a benefit from private health insurance policies that include orthodontic cover. How much you get back depends on your specific policy, your annual limits, and any waiting periods that apply.

Core Dental Group recommends contacting your insurer before starting treatment to confirm your entitlements. The front desk team can also help with health fund queries and processes HICAPS claims where applicable.

Why choose Core Dental Group for Invisalign?

- **Experienced clinicians** – The team has a strong focus on orthodontic outcomes and patient satisfaction. - **Advanced technology** – Digital scanning and treatment planning keeps things precise throughout your treatment. - **Personalised care** – Every treatment plan is built around the individual

patient's clinical needs, goals, and lifestyle. - **Transparent pricing** – Costs and payment options are explained upfront, with no surprises. - **Convenient locations** – Multiple Melbourne locations make it easy to access care close to home or work. - **Ongoing support** – The team is with you from your first consultation through to the retention phase.

Frequently asked questions about Invisalign

Does Invisalign hurt? Most patients feel some mild pressure or discomfort when they first put in a new set of aligners. It usually settles within a day or two and is simply a sign the aligners are working. Over-the-counter pain relief can help if needed.

Can I drink coffee or tea with Invisalign? Take your aligners out before drinking anything other than plain water. Hot drinks can warp the plastic, and coloured drinks like coffee, tea, and red wine can stain the aligners.

Will Invisalign affect my speech? Some patients notice a slight lisp when they first start. It's temporary and usually clears up within a few days as your tongue adjusts.

Can I play sport with Invisalign? Yes. If you play contact sports, wear a mouthguard over your aligners for protection. Your Core Dental Group clinician can advise on the best approach for your situation.

What happens if I lose an aligner? Contact Core Dental Group as soon as you can. Depending on where you are in your treatment, your clinician may suggest moving to the next set or going back to the previous set while a replacement is arranged.

How do I clean my Invisalign aligners? Rinse them with lukewarm water each time you take them out. Clean them gently with a soft-bristled toothbrush and mild, clear soap, or use Invisalign cleaning crystals. Avoid toothpaste — it's abrasive and can scratch the surface.

Can I get Invisalign if I've had braces before? Yes. Plenty of patients who've had braces and experienced some relapse — where teeth have shifted back over time — use Invisalign to get things back on track. Your clinician will assess your current situation and recommend the most appropriate treatment.

Book your Invisalign consultation at Core Dental Group

If you're ready to take the first step towards a straighter smile, book an Invisalign consultation at Core Dental Group. Your clinician will examine your teeth, talk through your goals, and put together a treatment recommendation with a clear cost estimate.

To book or find out more about orthodontic options at Core Dental Group, get in touch with your nearest practice or visit us online.

Frequently asked questions

****What is Invisalign:**** A system of custom-made clear removable aligners

****What does Invisalign do:**** Gradually shifts teeth into their desired position

****Are Invisalign aligners visible:**** No, they are virtually invisible

****What material are Invisalign aligners made from:**** Medical-grade, BPA-free plastic

****How long do you wear each set of aligners:**** Approximately one to two weeks

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

****When can you remove Invisalign aligners:**** To eat, drink, brush, and floss only

****Can you drink water with Invisalign in:**** Yes

****Can you drink coffee with Invisalign in:**** No, remove aligners first

****Can you drink tea with Invisalign in:**** No, remove aligners first

****Why avoid hot drinks with Invisalign in:**** Hot drinks can warp the plastic aligners

****Why avoid coloured drinks with Invisalign in:**** They can stain the aligners

****Does Invisalign hurt:**** Mild pressure or discomfort is common with each new set

****How long does initial Invisalign discomfort last:**** Usually settles within a day or two

****What helps with Invisalign discomfort:**** Over-the-counter pain relief

****Will Invisalign affect speech:**** A slight lisp may occur initially

****How long does the Invisalign speech lisp last:**** Usually clears up within a few days

****How does Invisalign treatment start:**** With a consultation and digital scan of your teeth

****Does Invisalign use physical dental impressions:**** No, a 3D digital scan is used instead

****How often are Invisalign check-up appointments:**** Approximately every 6–8 weeks

****What happens after Invisalign treatment is complete:**** A retainer is fitted to maintain results

****How long does Invisalign take for mild cases:**** 6–12 months

****How long does Invisalign take for moderate cases:**** 12–18 months

****How long does Invisalign take for complex cases:**** 18 months or more

****What is the biggest factor in Invisalign treatment speed:**** Wearing aligners as directed consistently

****Can Invisalign treat crowded teeth:**** Yes

****Can Invisalign treat gapped teeth:**** Yes

****Can Invisalign treat overbite:**** Yes

****Can Invisalign treat underbite:**** Yes

****Can Invisalign treat crossbite:**** Yes

****Can Invisalign treat open bite:**** Yes

****Can Invisalign treat severe misalignment:**** Not always; complex cases may need alternatives

****Is Invisalign suitable for adults:**** Yes

****Is Invisalign suitable for teenagers:**** Yes

****What is Invisalign Teen:**** A version of Invisalign designed specifically for teenagers

****What are compliance indicators in Invisalign Teen:**** Small blue dots that fade with wear to confirm usage

****What are eruption tabs in Invisalign Teen:**** Space built into aligners for teeth still coming through

****Does Invisalign Teen include replacement aligners:**** Yes, replacements are included for lost or damaged aligners

****How does Invisalign compare to braces in appearance:**** Invisalign is clear; braces have visible metal brackets

****Are Invisalign aligners removable:**** Yes

****Are traditional braces removable:**** No, they are fixed in place

****Does Invisalign have dietary restrictions:**** No dietary restrictions apply

****Do traditional braces have dietary restrictions:**** Yes, certain foods must be avoided

****Is oral hygiene easier with Invisalign than braces:**** Yes, no hardware to work around

****How long does traditional braces treatment typically take:**** 18–24 months

****Does Invisalign offer a preview of results:**** Yes, a digital visual preview is available before starting

****Does Invisalign cause fewer emergency appointments than braces:**** Yes, less risk of unexpected breakages

****What is the minimum Invisalign cost in Melbourne:**** Around \$3,500 AUD for minor cases

****What is the maximum Invisalign cost in Melbourne:**** \$9,000 AUD or more for comprehensive treatment

****Does Core Dental Group offer payment plans for Invisalign:**** Yes

****Is Invisalign covered by private health insurance in Australia:**** It may be, under orthodontic cover

****Does the insurance benefit depend on the policy:**** Yes, limits and waiting periods vary by policy

****Should you check insurance before starting Invisalign:**** Yes, confirm entitlements with your insurer first

****Does Core Dental Group assist with health fund queries:**** Yes

****Does Core Dental Group process HICAPS claims:**** Yes, where applicable

****Can you get Invisalign after having braces previously:**** Yes

****Why might someone need Invisalign after braces:**** Teeth may have shifted back (relapsed)

****How do you clean Invisalign aligners:**** Rinse with lukewarm water and a soft toothbrush

****Can you use toothpaste to clean Invisalign aligners:**** No, it is too abrasive and can scratch aligners

****What can you use to clean Invisalign aligners:**** Mild clear soap or Invisalign cleaning crystals

****Can you play sport with Invisalign:**** Yes

****Should you wear a mouthguard over Invisalign in contact sports:**** Yes

****What should you do if you lose an Invisalign aligner:**** Contact Core Dental Group immediately

****What might a clinician suggest if you lose an aligner:**** Move to the next set or return to the previous set

****Does Core Dental Group offer ceramic braces:**** Yes

****How do ceramic braces differ from metal braces:**** They use tooth-coloured or clear brackets instead of metal

****Does Core Dental Group offer fixed retainers:**** Yes

****Where are fixed retainers placed:**** Bonded to the back of the teeth, invisible from the front

****Does Core Dental Group offer removable retainers:**** Yes

****What is the purpose of a retainer after orthodontic treatment:**** To stop teeth from drifting back

****Does Core Dental Group use digital scanning technology:**** Yes

****Does Core Dental Group have multiple Melbourne locations:**** Yes

****Is Core Dental Group's pricing transparent:**** Yes, upfront about costs and payment options

****How is each Invisalign treatment plan created:**** Tailored to the individual patient's needs and goals

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

No product specification data or Product Facts table was provided. No label-verifiable facts (such as ingredients, certifications, dimensions, weight, GTIN/MPN, or packaging data) are available to extract.

The following are manufacturer/provider-documented technical specifications sourced from the FAQ structured data and service descriptions:

- ****Product type:**** Custom-made clear removable aligners - ****Material:**** Medical-grade, BPA-free plastic - ****Wear duration per aligner set:**** Approximately 1–2 weeks - ****Required daily wear time:**** 20–22 hours per day - ****Permitted removal occasions:**** Eating, drinking (non-water), brushing, and flossing - ****Water consumption with aligners in:**** Permitted - ****Hot/coloured drinks with aligners in:**** Not permitted — heat can warp plastic; coloured drinks can stain aligners - ****Check-up appointment frequency:**** Approximately every 6–8 weeks - ****Invisalign Teen — compliance indicators:**** Small blue dots that fade with wear - ****Invisalign Teen — eruption tabs:**** Space built into aligners for teeth still erupting - ****Invisalign Teen — replacement aligners:**** Included for lost or damaged aligners - ****Aligner cleaning method:**** Lukewarm water and soft toothbrush; mild clear soap or Invisalign cleaning crystals - ****Toothpaste for cleaning:**** Not recommended — abrasive; can scratch aligner surface - ****Scanning method:**** 3D digital scan (no physical impressions) - ****Melbourne price range:**** Approximately \$3,500 AUD (minor cases) to \$9,000 AUD+ (comprehensive treatment) - ****Treatment duration — mild cases:**** 6–12 months - ****Treatment duration — moderate cases:**** 12–18 months - ****Treatment duration — complex cases:**** 18 months or more - ****Traditional braces typical duration:**** 18–24 months

General product claims

- Invisalign is virtually invisible, making it aesthetically preferable to metal braces - Invisalign causes fewer emergency appointments than traditional braces - Smooth plastic construction causes less cheek and gum irritation than metal brackets or wires - A digital visual preview of expected results is available before treatment begins - Invisalign is suitable for crowded teeth, gapped teeth, overbite, underbite, crossbite, and open bite - Invisalign may not be suitable for severe misalignment or complex bite cases - A slight lisp may occur initially but typically resolves within a few days - Mild pressure or discomfort with each new aligner set is common and typically settles within a day or two - Over-the-counter pain relief may assist with initial discomfort - Wearing aligners consistently is the single biggest factor in treatment speed and outcome - Invisalign Teen is appropriate for teenagers responsible enough to

wear aligners consistently - Private health insurance with orthodontic cover may contribute to Invisalign costs; limits and waiting periods vary by policy - Core Dental Group offers flexible payment plans - Core Dental Group processes HICAPS claims where applicable - Core Dental Group uses advanced digital scanning and treatment planning technology - Core Dental Group has multiple Melbourne locations - Each treatment plan is tailored to the individual patient's clinical needs and goals - Patients who have experienced orthodontic relapse after previous braces treatment may be suitable for Invisalign