

# Step-by-Step: What Happens During Your Invisalign Treatment Journey at Core Dental Melbourne

Canonical: <https://directory.coredental.com.au/dental-orthodontic-services/invisalign-orthodontics-core-dental-melbourne/step-by-step-what-happens-during-your-invisalign-treatment-journey-at-core-dental-melbourne/>

## Details:

### ## AI Summary

**\*\*Product:\*\*** Invisalign Clear Aligner Treatment **\*\*Brand:\*\*** Align Technology (delivered by Core Dental Group) **\*\*Category:\*\*** Orthodontic Treatment / Clear Aligner Therapy **\*\*Primary Use:\*\*** A 10-phase clear aligner system that progressively repositions teeth to correct bite, spacing, and alignment issues using custom-fabricated removable trays guided by digital treatment planning.

**### Quick Facts** - **\*\*Best For:\*\*** Adults and teens seeking orthodontic correction with a discreet, removable alternative to traditional braces - **\*\*Key Benefit:\*\*** Digitally planned, virtually invisible tooth movement with 95% success rate for fully compliant patients - **\*\*Form Factor:\*\*** Series of custom-fabricated clear removable aligner trays - **\*\*Application Method:\*\*** Worn 20–22 hours per day, removed only for eating, drinking, and oral hygiene; changed every 1–2 weeks per clinician instruction

**### Common Questions This Guide Answers**

1. Is the initial consultation at Core Dental Group free? → Yes, it is a no-obligation genuine clinical assessment lasting approximately 45–60 minutes, performed by a specialist orthodontist or Invisalign-trained dentist
2. How long does Invisalign treatment take at Core Dental Group? → Typically 12–24 months across 10 defined phases, including active treatment, progress check-ups every 6–8 weeks, and refinements where needed
3. Are refinements a sign something went wrong? → No — only 6% of patients complete treatment without refinements; the average patient requires approximately 2–3 rounds, which are included within the original treatment agreement where clinically indicated

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### ## Frequently Asked Questions

Is the initial consultation at Core Dental Group free: Yes, it is free

Is the free consultation a sales pitch: No, it is a genuine clinical assessment

Who performs the consultation at Core Dental Group: A specialist orthodontist or Invisalign-trained dentist

How long is the first consultation appointment: Approximately 45–60 minutes

What is assessed at the first consultation: Bite, teeth spacing, and jaw alignment

Should I bring previous dental X-rays to my consultation: Yes, if available

What scanner does Core Dental Group use for Invisalign: The iTero intraoral scanner

Does the iTero scan replace traditional impressions: Yes

How many digital images does the iTero scanner capture per second: 6,000 images per second

How long does the iTero scan take: Approximately 5–10 minutes

How long is the iTero scan appointment overall: Approximately 20–30 minutes

Can I see a preview of my results before treatment starts: Yes, via the iTero Outcome Simulator

What software generates the Invisalign treatment plan: ClinCheck software by Align Technology

How much faster are ClinCheck plans submitted with iTero scans: Three times faster than traditional polyvinyl siloxane scans

How long is the ClinCheck review appointment: Approximately 30–45 minutes

Can I request adjustments to my ClinCheck plan: Yes, minor adjustments can be requested before approval

What are attachments in Invisalign treatment: Small tooth-coloured composite buttons bonded to teeth

What is the purpose of attachments: To enable more complex or targeted tooth movements

Are attachments visible in daily life: No, they are virtually invisible

What is interproximal reduction (IPR): Gentle reshaping of contact points between teeth

Why is IPR performed: To create space for tooth movement

How long does aligner fabrication take after ClinCheck approval: Approximately 4 weeks

How long is the fitting appointment: Approximately 45–60 minutes

What happens at the fitting appointment: Attachments are bonded, IPR performed, and first aligners fitted

How many aligner sets are given at the fitting appointment: Typically the first 6–10 trays

What is a chewies tool: Small foam cylinders used to seat aligners firmly against teeth

Is a travel case provided for aligners: Yes

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

Can aligners be removed for eating: Yes

Can aligners be removed for drinking: Yes

What happens if the 20–22 hour wear rule is not followed: Treatment time increases and relapse risk rises

What percentage of patients achieve full compliance with wear time: Approximately 36%

What success rate is achieved with full wear compliance: 95% achieve expected outcomes within projected time

How often should aligner sets be changed: Approximately every 1–2 weeks

Does the change interval vary between patients: Yes, depending on case complexity

How often are progress check-up appointments scheduled: Every 6–8 weeks

How long do progress check-up appointments take: Approximately 20–30 minutes

How many progress appointments occur during a typical treatment: Approximately 6–10 appointments

What is assessed at progress check-up appointments: Whether teeth are tracking correctly against the ClinCheck plan

What are Invisalign refinements: Additional aligner series to fine-tune incomplete tooth movements

Are refinements a sign something went wrong: No, they are a normal part of treatment

What percentage of patients complete treatment without any refinements: Only 6%

How many rounds of refinements does the average patient need: Approximately 2–3 rounds

Are refinements included at Core Dental Group: Yes, where clinically indicated within the original treatment agreement

What happens at the completion scan: A final iTero scan verifies teeth have reached target positions

What is the completion scan compared against: The original ClinCheck treatment plan

What are the two retainer types offered at Core Dental Group: Fixed lingual retainers and removable clear retainers

What is a fixed lingual retainer: A thin wire bonded to the back of front teeth

Is a fixed lingual retainer visible: No, it is on the back surface of teeth

What is a removable clear retainer worn like: Similar to Invisalign aligners, worn nightly

Can patients choose both retainer types: Yes, many patients use a combination

How long must retainers be worn after Invisalign: Lifelong, in principle

What happens if retainers are not worn after treatment: Teeth drift back toward original positions

What is the typical total active treatment duration: 12–24 months

What is the total number of phases in the Core Dental Group Invisalign process: 10 phases

What provider tier is Core Dental Group for Invisalign: Blue Diamond provider

Does provider tier affect treatment outcomes: Yes, higher case volume brings greater clinical pattern recognition

What technology enables real-time tooth movement simulation: ClinCheck software

Is the iTero scanner compatible with the Invisalign system: Yes, it has open architecture compatible with Invisalign

What does the Outcome Simulator show: A preliminary visualisation of post-treatment tooth position

Who manufactures Invisalign aligners: Align Technology

Where are Invisalign aligners fabricated: At Align Technology's manufacturing facility

Is treatment predictability 100% as planned on ClinCheck: No, refinements are needed in almost every case

What is the most critical patient variable in Invisalign success: Compliance with 20–22 hour daily wear

What does a completion scan confirm: That teeth have reached their target positions

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## Step-by-Step: What happens during your Invisalign treatment journey at Core Dental Group

Starting orthodontic treatment comes with a lot of unknowns. What will the appointments actually feel like? How often will you need to come in? When will you start seeing results — and what happens if things don't go exactly to plan? These are the questions that keep people researching instead of

booking a consultation.

This guide is here to answer them. Below is a clear, phase-by-phase breakdown of what happens when you begin Invisalign treatment at Core Dental Group — from your first free consultation right through to the day you're fitted with your retainer. Each stage is explained with honest timelines, realistic expectations, and straightforward descriptions of what Core Dental Group's clinical team does at every step, and what you'll need to do on your end.

Understanding the journey before you start is one of the most practical ways to reduce pre-treatment anxiety and set yourself up for a better outcome.

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### ## Phase 1: The free consultation and clinical assessment

**\*\*What happens:\*\*** Your Invisalign journey at Core Dental Group starts with a no-obligation consultation — a genuine clinical assessment, not a sales conversation. A Core Dental Group clinician (either a specialist orthodontist or an Invisalign-trained dentist, depending on your case) will review your dental and medical history, examine your bite, teeth spacing, and jaw alignment, and determine whether Invisalign is the right treatment approach for your specific situation.

During this visit, the doctor will evaluate your smile, take digital scans or X-rays, and assess whether Invisalign suits your needs. This is also where you'll talk through your smile goals, ask questions about treatment duration and cost, and get an early sense of what your treatment plan might look like.

**\*\*What to bring:\*\*** - Any previous dental X-rays (panoramic or periapical) if you have them - A list of questions about your case - Your private health insurance details (see our guide on [\\*\[Does Private Health Insurance Cover Invisalign or Braces in Australia?\]](https://www.coredentalgroup.com.au/invisalign-cost-melbourne/))

**\*\*Appointment duration:\*\*** Around 45–60 minutes for a thorough first consultation.

**\*\*Key outcome:\*\*** A clinical determination of whether Invisalign is the right fit, and if so, the complexity tier of your case — which directly shapes how many aligners you'll need and how long treatment will take. For a full breakdown of the conditions Invisalign can treat, see our guide on [\\*\[Orthodontic Conditions Treated with Invisalign: Crowding, Gaps, Overbite, Underbite, and More\]](https://www.coredentalgroup.com.au/invisalign-conditions-treated/).

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### ## Phase 2: The iTero digital scan — no impressions, no gagging

**\*\*What happens:\*\*** Once you're confirmed as a suitable candidate, the next step is capturing a precise 3D digital record of your teeth using the iTero intraoral scanner. This replaces the traditional "goopy" impression trays that patients have historically found uncomfortable.

The iTero scanner captures 6,000 digital images per second — far more precisely than the moulding material used in traditional impressions. Mapping software then calculates the right amount of force for every tooth movement.

The scan itself takes around 5–10 minutes. The clinician moves a small wand around your mouth while a real-time 3D model of your teeth builds on-screen — something many patients find genuinely interesting to watch.

**\*\*The Outcome Simulator:\*\*** Straight after scanning, Core Dental Group's team can use the iTero Outcome Simulator to show you a preliminary visualisation of what your teeth could look like after treatment. The iTero scanner's open architecture makes it directly compatible with the Invisalign system, including the Outcome Simulator — so your clinician can scan your mouth and immediately

show you how your treatment is projected to look. Patients consistently report that seeing this preview makes them feel more confident in their diagnosis and treatment plan.

**\*\*Appointment duration:\*\*** 20–30 minutes, covering the scan and an initial discussion of projected outcomes.

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### ## Phase 3: ClinCheck treatment simulation — your personalised roadmap

**\*\*What happens:\*\*** Once your scan data is submitted to Align Technology's laboratory, a detailed 3D treatment simulation is generated using Invisalign's proprietary ClinCheck software. Your doctor uses ClinCheck to map out the path to your smile down to the smallest shift, from your first aligner to your final result.

One practical advantage of the iTero-to-ClinCheck workflow is speed: ClinCheck treatment plans submitted with iTero scans are posted to the Invisalign Doctor Site three times faster than those submitted with traditional polyvinyl siloxane scans.

Your Core Dental Group clinician will review the proposed ClinCheck plan before presenting it to you. This is where clinical experience matters most — a Blue Diamond provider with high case volume brings pattern recognition and judgement that shapes how the treatment plan is staged, where attachments are placed, and how tooth movements are sequenced. For more on why provider tier affects your outcome, see our guide on [\\*\[What Is an Invisalign Blue Diamond Provider — and Why It Matters for Your Treatment\]\(https://www.coredentalgroup.com.au/invisalign-blue-diamond-provider/\)\\*](https://www.coredentalgroup.com.au/invisalign-blue-diamond-provider/).

**\*\*What you'll review at your ClinCheck appointment:\*\*** - The animated simulation of tooth movement, aligner by aligner - The total number of aligners in your series - Projected treatment duration - The planned placement of any attachments — small tooth-coloured composite buttons bonded to specific teeth to enable more complex movements - Whether interproximal reduction (IPR), gentle reshaping of contact points between teeth, is needed to create space

**\*\*Appointment duration:\*\*** 30–45 minutes. You'll have the opportunity to ask questions and, in some cases, request minor adjustments to the plan before approving it.

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### ## Phase 4: Aligner fabrication — what happens between appointments

Once you approve your ClinCheck plan, the order is submitted to Align Technology's manufacturing facility. Trained technicians conduct a thorough analysis, develop a straightening strategy, and produce a series of customised clear aligner trays, each trimmed to your gum line for comfort and fit.

Patients can typically expect to receive their aligners about 4 weeks after their scans. This waiting period is a good time to review your at-home responsibilities and get your routine ready for aligner wear.

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### ## Phase 5: The fitting appointment — starting active treatment

**\*\*What happens:\*\*** This is the appointment where your Invisalign journey officially gets underway. Your Core Dental Group clinician will:

1. **\*\*Bond any attachments\*\*** — small, tooth-coloured composite buttons placed on specific teeth to enable targeted tooth movements. These are virtually invisible in day-to-day life.
2. **\*\*Perform any planned IPR\*\*** — using a fine polishing strip to gently reduce contact points between teeth where the treatment plan requires it.
3. **\*\*Fit your first set of aligners\*\*** — checking the fit, confirming seating, and showing you how to insert and remove them correctly.
4. **\*\*Provide your first several sets of aligners\*\***

— typically the first 6–10 trays to take home, so you can progress through them without returning to the clinic for each individual set. 5. **\*\*Walk you through your wear instructions and responsibilities.\*\***

**\*\*Appointment duration:\*\*** 45–60 minutes.

**\*\*What you'll leave with:\*\*** - Your first batch of aligners (labelled in sequence) - A chewies tool (small foam cylinders used to seat aligners firmly against your teeth) - A travel case for storing aligners when eating or drinking - Clear written instructions on wear schedules and hygiene

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## ## Phase 6: Active treatment — your day-to-day responsibilities

This is the longest phase of your Invisalign journey, and your compliance during it is the single biggest factor in your outcome.

### ### The 20–22 hour rule: what the evidence says

According to Align Technology, optimal results require aligners worn for 20–22 hours per day. This isn't a guideline with much flexibility. Falling short of this wear time — poor compliance — leads to longer treatment, increased tooth discomfort, and relapse risk as teeth drift back toward their original positions.

The clinical evidence is worth taking seriously. Research has shown that only 36% of patients achieved full compliance with wear time recommendations ( $\geq 22$  hours daily), with males and those without previous orthodontic treatment significantly more likely to comply. Inadequate wear time directly affects the tooth movement predicted by ClinCheck, which helps explain why certain cases require refinements or produce suboptimal outcomes.

Research published in the *American Journal of Orthodontics and Dentofacial Orthopedics* found that patients who adhered to the 20–22 hour guideline achieved a 95% success rate in reaching their expected outcomes within the projected treatment time.

### ### Aligner progression

Wear each set of aligners for about 22 hours a day, removing them only for eating, drinking, and oral hygiene. Move to a new set approximately every one to two weeks as your teeth shift. Your Core Dental Group clinician will specify your exact change interval — some cases run on a 7-day cycle, others on 10 or 14 days, depending on case complexity and the type of movement involved.

For detailed guidance on aligner care, cleaning, and compliance strategies, see our dedicated guide: **\*[How to Care for Your Invisalign Aligners: Daily Cleaning, Maintenance, and Wear Compliance Tips](<https://www.coredentalgroup.com.au/invisalign-care/>)\*.**

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## ## Phase 7: Progress check-up appointments

**\*\*What happens:\*\*** Throughout your Invisalign treatment, you'll have regular check-up appointments every 6–8 weeks to confirm that your progress is on track. These appointments are shorter and less frequent than those for traditional braces, which makes Invisalign workable for busy schedules.

At Core Dental Group, these progress appointments serve several clinical functions:

- **\*\*Tracking assessment:\*\*** The clinician checks that your teeth are moving correctly against the ClinCheck plan. Tools like Progress Assessment allow clinicians to monitor treatment and make timely adjustments, which improves predictability and can reduce the need for refinements.
- **\*\*Attachment maintenance:\*\*** Any detached attachments are rebonded.
- **\*\*IPR completion:\*\*** Any remaining interproximal reduction steps are carried out on schedule.
- **\*\*Next aligner batch:\*\*** You receive your

next set of aligners to continue progressing at home. - **Compliance review:** Your clinician will assess whether your teeth are moving as expected — a clear signal of whether your wear time has been adequate.

**Appointment duration:** Typically 20–30 minutes.

**Total number of check-up appointments:** For an average 12–18 month treatment, expect around 6–10 progress appointments over the course of active treatment.

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### ## Phase 8: Refinements — when fine-tuning is needed

Refinements are additional aligner series ordered when teeth haven't fully reached their planned positions after completing the initial set. They are a normal, expected, and clinically responsible part of Invisalign treatment.

Refinements are essentially detail work: small corrections to get teeth into the exact positions your orthodontist intended. Nearly every Invisalign patient needs them. A retrospective study found that only 6% of patients completed treatment without a single refinement scan, and the average patient required about 2–3 rounds of refinements over roughly two years of total treatment.

Treatment predictability is not 100% as planned on ClinCheck — additional refinements and overcorrections are needed in almost every case.

The refinement process follows the same workflow as the initial scan-and-plan stage: a new iTero scan is taken, a revised ClinCheck plan is generated, and a new series of aligners is fabricated. If your provider tells you that you need refinements, the most useful way to think about it is this: your treatment is 90% done, and the last 10% needs a course correction. Refinements aren't a sign that your provider did something wrong, and they're not a sign that Invisalign doesn't work. They're a sign that human biology doesn't follow software predictions with perfect precision, and your provider cares enough about the final result to close the gap rather than call it good enough.

At Core Dental Group, refinements are included within the scope of your original treatment agreement where clinically indicated — your clinician will clarify this at the ClinCheck approval stage.

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### ## Phase 9: Completion scan and final assessment

When you've completed all planned aligners (including any refinements), Core Dental Group will take a final iTero scan to confirm that your teeth have reached their target positions. This scan is compared directly against your original ClinCheck plan to verify the outcome.

If minor discrepancies remain, a further short refinement series may be recommended. If your result matches the plan, you move to the final phase: retention.

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### ## Phase 10: Retainers — protecting what you've built

Once active treatment is complete, maintaining your new smile becomes the focus. Without a retainer, teeth retain a biological memory of their original positions and will drift.

At Core Dental Group, patients are typically offered a choice between:

- **Fixed lingual retainers** — a thin wire bonded to the back surface of your front teeth, invisible from the outside and requiring no patient action to stay effective. - **Removable clear retainers** — similar in appearance to Invisalign aligners, worn nightly (or as prescribed) to maintain tooth position.

Many patients choose a combination of both for maximum protection. Retention is lifelong in principle. For a comprehensive guide to retainer types, wear schedules, and what happens if retention is neglected, see our dedicated article: [\\*\[Invisalign Retainers and Life After Orthodontic Treatment: Protecting Your Results at Core Dental Group\]\(https://www.coredentalgroup.com.au/invisalign-retainers/\)\\*](https://www.coredentalgroup.com.au/invisalign-retainers/).

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## ## Your complete Invisalign timeline at a glance

| Phase | What Happens | Typical Duration | |---|---|---| | 1. Free Consultation | Clinical assessment, candidacy determination | 45–60 min | | 2. iTero Digital Scan | 3D scan, Outcome Simulator preview | 20–30 min | | 3. ClinCheck Review | Treatment plan approval, attachment planning | 30–45 min | | 4. Aligner Fabrication | Lab production at Align Technology | ~4 weeks | | 5. Fitting Appointment | Attachments, IPR, first aligners fitted | 45–60 min | | 6. Active Treatment | Daily aligner wear (20–22 hrs/day) | 12–24 months | | 7. Progress Check-Ups | Monitoring, attachment maintenance, new aligner batches | Every 6–8 weeks | | 8. Refinements (if needed) | New scan, revised plan, additional aligners | Variable | | 9. Completion Scan | Final outcome verification | 20–30 min | | 10. Retainers | Lifelong retention | Ongoing |

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## ## Key takeaways

- **The iTero scan is the foundation of your treatment.** The scanner captures high-resolution 3D images of your teeth and bite, replacing traditional impressions with a faster, more comfortable digital process. These scans feed directly into Invisalign's treatment planning software, enabling precise aligner customisation and real-time outcome simulations.
- **Compliance is the most critical patient variable.** Patients who adhered to the 20–22 hour guideline achieved a 95% success rate within the projected treatment time. Yet research shows only about 1 in 3 patients consistently achieves full compliance — making this the area where patient education has the greatest impact.
- **Progress check-ups every 6–8 weeks matter.** They allow your Core Dental Group clinician to catch tracking issues early, before they compound into larger corrections.
- **Refinements are normal and expected.** Research found that only 6% of patients completed clear aligner treatment without any refinement. A provider who recommends refinements is demonstrating clinical diligence, not failure.
- **Retention is permanent.** The end of active treatment is not the end of your orthodontic responsibility. Committing to your retainer protocol is what preserves your result for life.

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## ## Conclusion

Understanding each phase of the Invisalign process — from the first iTero scan through to your final retainer fitting — turns what can feel like an opaque experience into a structured, predictable clinical journey. At Core Dental Group, every stage of this process is delivered within a system built for high-volume, high-complexity Invisalign care, backed by Blue Diamond provider status and specialist oversight.

If you're weighing up whether Invisalign is right for you, start with our foundational explainer: [\\*\[What Is Invisalign? How Clear Aligner Treatment Works — Explained by Core Dental Group\]\(https://www.coredentalgroup.com.au/what-is-invisalign/\)\\*](https://www.coredentalgroup.com.au/what-is-invisalign/). If you're ready to compare it against traditional braces, see [\\*\[Invisalign vs. Traditional Braces: Which Orthodontic Treatment Is Right for](#)

You?](<https://www.coredentalgroup.com.au/invisalign-vs-braces/>)\*. And if cost is your primary question before booking, our transparent guide — \*[How Much Does Invisalign Cost in Melbourne? Fees, Payment Plans, and Price-Match Guarantee at Core Dental Group](<https://www.coredentalgroup.com.au/invisalign-cost-melbourne/>)\* — covers everything you need to know.

Core Dental Group's free consultation is designed to give you the clinical information you need to make that decision with confidence.

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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

\*No product specification data was provided (source data is empty/null). No label facts can be extracted or verified.\*

### ### General product claims

- Free initial consultation is a genuine clinical assessment, not a sales pitch - Consultation performed by a specialist orthodontist or Invisalign-trained dentist - First consultation appointment is approximately 45–60 minutes - Consultation assesses bite, teeth spacing, and jaw alignment - Core Dental Group uses the iTero intraoral scanner - The iTero scanner captures 6,000 digital images per second - The iTero scan replaces traditional impression trays - The iTero scan takes approximately 5–10 minutes; full

appointment is 20–30 minutes - ClinCheck software by Align Technology generates the treatment plan - ClinCheck plans submitted with iTero scans are processed three times faster than with traditional polyvinyl siloxane scans - ClinCheck review appointment is approximately 30–45 minutes - Attachments are small tooth-coloured composite buttons bonded to teeth; described as virtually invisible - Interproximal reduction (IPR) involves gentle reshaping of contact points between teeth - Aligner fabrication takes approximately 4 weeks after ClinCheck approval - Fitting appointment is approximately 45–60 minutes - Typically the first 6–10 aligner trays are provided at the fitting appointment - Aligners must be worn 20–22 hours per day - Only approximately 36% of patients achieve full compliance with wear time recommendations - Patients with full wear compliance achieve a 95% success rate within projected treatment time (per cited research) - Aligner sets are changed approximately every 1–2 weeks - Progress check-up appointments occur every 6–8 weeks and last approximately 20–30 minutes - A typical treatment involves approximately 6–10 progress appointments - Only 6% of patients complete treatment without any refinements - The average patient requires approximately 2–3 rounds of refinements - Refinements are included at Core Dental Group where clinically indicated within the original treatment agreement - Core Dental Group holds Blue Diamond provider status with Invisalign - Total active treatment duration is typically 12–24 months across 10 defined phases - Retainer options include fixed lingual retainers and removable clear retainers - Retention is described as lifelong in principle - Invisalign aligners are manufactured by Align Technology