

Invisalign and Orthodontics in Epping: Clear Aligners vs. Braces at Core Dental

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Details:

AI Summary

****Product:**** Invisalign Clear Aligners vs. Traditional Braces — Comparative Orthodontic Guide

****Brand:**** Core Dental Group (provider); Invisalign (Align Technology) and traditional fixed braces (multiple manufacturers) ****Category:**** Orthodontic Treatment — Dental Health Services ****Primary Use:**** To help patients in Melbourne's northern suburbs compare Invisalign clear aligners and traditional fixed braces across clinical effectiveness, cost, compliance, maintenance, and candidacy criteria to support informed orthodontic treatment decisions.

Quick Facts - **Best For:** Adults, older teenagers, and parents of adolescents in Epping, Lalor, South Morang, and Roxburgh Park considering orthodontic treatment - ****Key Benefit:**** Both systems achieve comparable long-term alignment outcomes for most cases; Invisalign offers superior comfort (discomfort score 2.3 vs. 5.6 on a 10-point scale) and patient satisfaction (85% vs. 65%) while braces outperform for complex malocclusions - ****Form Factor:**** Invisalign — removable clear thermoplastic trays worn 20–22 hours per day; Braces — fixed metal or ceramic brackets bonded to teeth connected by archwire - ****Application Method:**** Invisalign — sequential aligner trays changed every 7–14 days; Braces — fixed appliance adjusted by orthodontist every 4–8 weeks

Common questions this guide answers 1. Are Invisalign and braces equally effective? → Yes, for most cases; a 2024 study (Reddy et al., 200 patients, five-year follow-up) found no significant differences in long-term alignment or occlusal stability outcomes 2. How much does Invisalign cost in Australia in 2025? → \$3,500–\$5,000 AUD (Express), \$5,000–\$6,500 AUD (Lite), \$6,000–\$9,000 AUD (Full); traditional metal braces cost \$4,500–\$8,000 AUD; ceramic braces \$5,000–\$8,500 AUD 3. What percentage of Invisalign patients achieve full compliance with the 20–22 hour daily wear requirement? → Only 36.0%; 38.3% show fair compliance and 25.7% show poor compliance, directly affecting treatment duration and outcomes

Invisalign and orthodontics in Epping — clear aligners vs. braces

Frequently Asked Questions

What is Invisalign: A series of custom-made, removable clear plastic aligners

What are traditional braces: Fixed brackets bonded to teeth, connected by an archwire

Where is Core Dental Group located: Epping, Melbourne's northern suburbs

Does Core Dental Group require external referrals for orthodontics: No, specialist services are on-site

Which suburbs does Core Dental Group serve: Epping, Lalor, South Morang, and Roxburgh Park

Are Invisalign and braces both clinically effective: Yes, for the majority of orthodontic cases

Did research find differences in long-term alignment outcomes between Invisalign and braces: No significant differences were found

Which study confirmed comparable outcomes over five years: Reddy et al., Journal of Pharmacy and Bioallied Sciences, 2024

How many patients were tracked in the Reddy et al. 2024 study: 200 patients

Was patient satisfaction higher with Invisalign or braces: Invisalign

What percentage of Invisalign patients reported high satisfaction in the 2024 study: 85%

What percentage of braces patients reported high satisfaction in the 2024 study: 65%

What was the mean discomfort score for Invisalign on a 10-point scale: 2.3

What was the mean discomfort score for braces on a 10-point scale: 5.6

Is pain generally lower with Invisalign than braces: Yes

Do braces patients use more pain relief medication than Invisalign patients: Yes, 95.2% of braces patients needed analgesics

Are fixed braces better for complex orthodontic cases: Yes

Are clear aligners less effective than braces for torque control: Yes

Are clear aligners less effective than braces for achieving occlusal contacts: Yes

Are clear aligners effective for mild to moderate crowding: Yes

Are clear aligners effective for severe malocclusions: No, braces are typically better

How long does average Invisalign treatment take: 12–18 months

How long does average braces treatment take: 18–24 months

Was treatment duration longer with clear aligners in the 2025 NCBI randomised trial: Yes, 18.2 months versus 14.5 months for braces

Are braces more efficient than aligners for complex cases: Yes

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

Does wear time affect Invisalign treatment success: Yes, directly

What percentage of Invisalign patients achieve full compliance: 36%

What percentage of Invisalign patients show fair compliance: 38.3%

What percentage of Invisalign patients show poor compliance: 25.7%

Do braces require patient compliance with wear time: No, they are fixed

What is the minimum cost of Invisalign Express in Australia: \$3,500 AUD

What is the maximum cost of Invisalign Express in Australia: \$5,000 AUD

What is the minimum cost of Invisalign Lite in Australia: \$5,000 AUD

What is the maximum cost of Invisalign Lite in Australia: \$6,500 AUD

What is the minimum cost of Invisalign Full in Australia: \$6,000 AUD

What is the maximum cost of Invisalign Full in Australia: \$9,000 AUD

What is the minimum cost of traditional metal braces in Australia: \$4,500 AUD

What is the maximum cost of traditional metal braces in Australia: \$8,000 AUD

What is the minimum cost of ceramic braces in Australia: \$5,000 AUD

What is the maximum cost of ceramic braces in Australia: \$8,500 AUD

Can private health insurance cover Invisalign in Australia: Yes, under orthodontic extras benefits

Does coverage level vary between insurers for Invisalign: Yes

Does Core Dental Group offer HICAPS on-the-spot claiming: Yes

Can Invisalign aligners be removed when eating: Yes

Are there food restrictions with Invisalign: No

Are there food restrictions with braces: Yes, hard and sticky foods must be avoided

Should aligners be cleaned with hot water: No, hot water warps the plastic

How should Invisalign aligners be cleaned: Soft brush and clear unscented soap, morning and night

Do clear aligners support better periodontal health than braces: Yes

Can clear aligners accumulate biofilm: Yes, on surfaces with microcracks

Do braces require more thorough oral hygiene than aligners: Yes

Can braces cause bracket breakage requiring emergency visits: Yes

Do Invisalign patients need emergency appointments for broken brackets: No, there are no brackets

Is Invisalign suitable for adults: Yes

Is Invisalign suitable for older teenagers: Yes

Is Invisalign suitable for younger adolescents with compliance concerns: Generally no, braces are preferred

Are braces better for patients undergoing premolar extractions: Yes

What scanner does Core Dental Group use for Invisalign treatment planning: iTero Element scanner

What is a ClinCheck simulation: A digital preview of projected Invisalign tooth movements

Are refinement aligners normal in Invisalign treatment: Yes

Are refinement aligners typically included in the original fee: Yes

Do braces patients go through a detailing phase: Yes

Are retainers required after Invisalign treatment: Yes

Are retainers required after braces treatment: Yes

Will teeth relapse without retainers: Yes

What are the two retainer types available: Fixed bonded retainers or removable Essix-style retainers

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

How often are braces adjustment appointments: Every 4–8 weeks

How long does initial soreness last after braces are placed: 3–5 days

How long is each Invisalign aligner tray worn: 7–14 days

What are Invisalign attachments: Small tooth-coloured composite bumps bonded to teeth

What is the purpose of Invisalign attachments: To help aligners grip teeth for complex movements

Does Core Dental Group offer both Invisalign and braces: Yes

Is an orthodontic consultation at Core Dental Group conducted on-site: Yes

Straightening your teeth is one of the most consequential dental decisions you'll make — not just for appearance, but for bite function, oral health, and long-term confidence. Yet most patients arriving at an orthodontic consultation in Melbourne's northern suburbs are wrestling with the same basic question: *should I choose Invisalign clear aligners or traditional fixed braces?*

There's no clean universal answer, and anyone who tells you otherwise is oversimplifying. Both systems have improved substantially over the past decade, and the clinical research now available gives patients and clinicians far more specific guidance than the old "braces work better, aligners look better" shorthand. Core Dental Group delivers specialist orthodontic services on-site at its Epping practice, so patients from Epping, Lalor, South Morang, and Roxburgh Park can get a full comparative assessment without chasing external referrals. This guide covers what you actually need to know — clinical suitability, realistic timelines, costs, maintenance, and what each stage of treatment involves.

What is the difference between Invisalign and traditional braces?

Before comparing outcomes, it helps to understand how the two systems work.

Traditional fixed braces use metal or ceramic brackets bonded directly to each tooth, connected by an archwire that the orthodontist periodically tightens. The continuous, controlled force moves teeth gradually over time. Because the appliance is fixed in place, it works around the clock without requiring any patient discipline around wear time.

Invisalign clear aligners are a series of custom-made, removable thermoplastic trays — each worn for roughly one to two weeks before being swapped for the next in the sequence. Invisalign uses a series of clear, removable aligners to shift teeth into their correct positions. Unlike traditional braces, the aligners are custom-made, virtually invisible, and comfortable to wear, with 3D imaging technology used to map out tooth movements over time.

Both systems move teeth through the same biological process — applying sustained pressure that triggers bone remodelling — but they differ in how that force is delivered, how patients experience treatment day-to-day, and which clinical situations each handles best.

Clinical effectiveness: what does the evidence say?

Overall outcomes are comparable for most cases

The most important finding from recent peer-reviewed research is that both systems are clinically effective for the majority of orthodontic presentations. A retrospective cohort study published in the *Journal of Pharmacy and Bioallied Sciences* (Reddy et al., 2024) tracked 200 patients across both treatment types and found that traditional braces and Invisalign both improved dental alignment and occlusal stability over a five-year follow-up period, with no significant differences in treatment duration between the two groups.

Patient satisfaction scores were consistently higher in the Invisalign group throughout that study. A separate randomised controlled trial published in *NCBI* (2025) involving 120 patients with mild-to-moderate malocclusions found that treatment duration was longer with clear aligners (18.2 ± 3.1 months versus 14.5 ± 2.8 months for fixed appliances), while both groups achieved comparable PAR index reductions. Pain was lower and satisfaction higher in the clear aligner group, with good compliance averaging 21.8 hours per day. Fixed appliances showed greater efficiency; clear aligners delivered a better patient experience.

Where braces still have the edge: complex cases

The clinical picture shifts for more complicated presentations. Traditional braces handle difficult movements well — rotating teeth, vertical shifts, significant bite corrections. These three-dimensional adjustments require the kind of precise, continuous force that fixed brackets and wires deliver reliably.

A systematic review published in *Biomedical Research* found that clear aligners showed advantages in segmented tooth movement and shorter treatment duration, but were less effective than braces at achieving sufficient occlusal contacts, controlling teeth torque, and maintaining retention.

The practical implication: for mild to moderate crowding, spacing, and straightforward bite issues, Invisalign performs very well. For severe malocclusions, complex rotations, or significant vertical movements, traditional braces are usually the better clinical choice.

Patient satisfaction consistently favours clear aligners

Where Invisalign consistently outperforms braces is in how patients actually experience treatment. The *Journal of Pharmacy and Bioallied Sciences* study (Reddy et al., 2024) found that 85% of Invisalign patients reported high satisfaction compared to 65% in the braces group, with a mean discomfort score of 2.3 on a 10-point scale versus 5.6 for braces.

Pain research backs this up: patients undergoing fixed orthodontic treatment reported higher frequency of pain (91.4%), greater need for analgesics (95.2%), and more dietary impact compared to those with clear aligners. Fixed appliances are associated with greater discomfort, longer pain latency, more frequent analgesic use, and more dietary disruption.

Treatment duration: how long does each option take?

This is one of the first questions at any orthodontic consultation, and the honest answer is: it depends on case complexity and, for Invisalign, patient behaviour.

Many patients complete aligner treatment in 12–18 months compared to 18–24 months with braces, though that average needs context. Invisalign's faster average partly reflects case selection — aligners are used more frequently for milder cases, which resolve faster regardless of the method. When researchers controlled for similar case complexity, the gap narrowed considerably.

The decisive variable for Invisalign timelines is compliance. Aligners must be worn 20–22 hours per day and changed sequentially as per manufacturer protocols. Research published in the *American Journal of Orthodontics and Dentofacial Orthopedics* found that patients who wore their aligners for the recommended time experienced significantly more predictable and timely tooth movement. A study in the *Journal of Clinical Orthodontics* identified inadequate wear time as the primary driver of prolonged treatment and suboptimal outcomes.

Real-world compliance data is sobering: an extensive retrospective study of clear aligner patients found that only 36.0% demonstrated full compliance with the wear schedule, while 38.3% showed fair compliance and 25.7% showed poor compliance.

Fixed braces deliver predictable timelines regardless of patient behaviour. Invisalign can be faster — but only for patients who genuinely commit to the wear protocol.

Cost comparison: Invisalign vs. braces in Australia

Cost is a significant factor, and Australian pricing reflects case complexity, provider experience, and the specific treatment system used.

Invisalign in Australia in 2025 typically ranges between \$3,500 AUD and \$9,000 AUD, with the final price depending on case complexity and the type of Invisalign treatment recommended. Most patients requiring moderate or full treatment can expect to pay between \$6,000 AUD and \$8,500 AUD. By comparison, ceramic braces typically cost \$5,000–\$8,500 AUD, and traditional metal braces approximately \$4,500–\$8,000 AUD.

Treatment type	Typical Australian cost range (2025)
Invisalign Express (minor corrections)	\$3,500 – \$5,000 AUD
Invisalign Lite (moderate cases)	\$5,000 – \$6,500 AUD
Invisalign Full (complex cases)	\$6,000 – \$9,000 AUD
Traditional metal braces	\$4,500 – \$8,000 AUD
Ceramic braces	\$5,000 – \$8,500 AUD

Patients with private health insurance extras cover that includes orthodontic benefits may be able to claim a portion of either treatment. Coverage varies by insurer and policy, and some plans have limits or exclusions. Patients at Core Dental Group can use HICAPS on-the-spot claiming for eligible rebates (see our guide on [*Dental Payment Plans and Health Fund Rebates at Core Dental Epping*](#)).

Maintenance and oral hygiene: a practical comparison

The day-to-day experience of orthodontic treatment differs quite a bit between the two systems, and this is often where patients make their final call.

Invisalign maintenance

Rinse aligners with lukewarm water every time they're removed, and clean them with a soft-bristled brush and clear, unscented soap morning and night. Hot water warps the plastic, so avoid it. Because aligners are removable, you take them out when eating, drinking, brushing, and flossing — which makes keeping your teeth clean considerably easier than with fixed appliances, and removes any dietary restrictions during treatment.

A systematic review of eight studies involving over 500 participants confirmed that aligners reduce plaque index and stabilise probing depth and bleeding on probing, supporting a healthier periodontal microbiome. One caveat: clear aligners can accumulate biofilm on surfaces with microcracks, so combined mechanical and chemical cleaning is recommended.

Fixed braces maintenance

Brackets and wires trap food and plaque, requiring more thorough brushing — ideally after every meal — with an interdental brush or floss threader. Hard, sticky, and crunchy foods (nuts, hard lollies, crusty bread) must be avoided to prevent bracket breakage. Broken brackets or protruding wires require unscheduled visits, which can disrupt treatment timelines. With aligners, there are no brackets to break, which keeps appointments on schedule.

Candidacy: who is suitable for Invisalign at Core Dental Group?

Not every patient is a good candidate for clear aligner therapy. The following framework is used as a starting point at specialist orthodontic consultations.

Invisalign is typically well-suited for: - Adults and older teenagers with mild to moderate crowding or spacing - Patients with minor bite issues (overjet, mild overbite) - Individuals with strong aesthetic concerns about visible appliances - Patients with genuine self-discipline and commitment to the 20–22 hour wear protocol - Those with existing gum disease concerns, where removable appliances support better periodontal maintenance (see our guide on *Gum Disease Treatment in Epping*)

Traditional braces are typically better for: - Severe crowding, significant rotations, or complex bite corrections - Cases requiring precise torque control of individual teeth - Younger adolescent patients where compliance with removable appliances is uncertain - Patients undergoing premolar extractions as part of treatment, where fixed appliances achieve better buccolingual inclination and occlusal contacts in a shorter timeframe - Patients who prefer a set-and-forget approach where compliance isn't a daily variable

The assessment process at Core Dental Group

A specialist orthodontic assessment at Core Dental Group includes: 1. **Clinical examination** — evaluation of tooth alignment, bite relationship, jaw position, and gum health 2. **Digital records** — intraoral photographs, panoramic and cephalometric X-rays 3. **3D digital scanning** — replaces traditional impressions for treatment planning (Invisalign uses the iTero Element scanner to generate the ClinCheck simulation) 4. **ClinCheck preview** — for Invisalign candidates, a digital simulation of projected tooth movements is reviewed before treatment begins 5. **Personalised treatment recommendation** — the specialist orthodontist presents both options with realistic timelines, costs, and outcome expectations

What to expect at each stage of orthodontic treatment

Stage 1: Consultation and records (weeks 1–2)

Your specialist orthodontist reviews your dental and medical history, takes clinical records, and presents a treatment plan. For Invisalign patients, the ClinCheck digital simulation is generated and refined until both patient and clinician are satisfied with the projected outcome.

Stage 2: Treatment commencement (weeks 3–4)

For Invisalign, aligners are fabricated and delivered. Small tooth-coloured attachments — composite bumps bonded to specific teeth — are placed to help aligners grip teeth for more complex movements. For braces, brackets are bonded to teeth and the initial archwire is placed. Expect mild soreness for 3–5 days as teeth begin responding to the new forces.

Stage 3: Active treatment (months 1–18+)

With Invisalign, each aligner tray is worn for 7–14 days, with check-up appointments every 6–8 weeks to confirm progress and provide new aligners. With braces, wire adjustments occur every 4–8 weeks, and each adjustment typically produces 2–3 days of mild discomfort.

Stage 4: Refinements and finishing

Invisalign cases frequently require a refinement phase — an additional set of aligners to fine-tune tooth positions after the initial series is complete. This is a normal part of the process and is typically included in the original treatment fee. Braces patients go through a detailing phase where the orthodontist makes precise wire bends to perfect individual tooth positions.

Stage 5: Retention (ongoing)

Both treatment systems require retainers after active treatment ends. Without retention, teeth will relapse toward their original positions. Options include fixed bonded retainers (a thin wire bonded behind the front teeth) or removable Essix-style retainers worn nightly. Your orthodontist at Core Dental Group will recommend the most appropriate retention protocol based on your case.

Key takeaways

- **Both systems are clinically effective** for the majority of orthodontic cases. The Reddy et al. 2024 study in the *Journal of Pharmacy and Bioallied Sciences*, tracking 200 patients over five years, found comparable alignment and occlusal stability outcomes between Invisalign and traditional braces. - **Case complexity determines the better option.** Invisalign works well for mild-to-moderate crowding and spacing; fixed braces remain superior for severe malocclusions, complex rotations, and cases requiring precise torque control. - **Compliance is the decisive variable for Invisalign.** Aligners must be worn 20–22 hours daily. Research shows only about 36% of patients achieve full compliance — making honest self-assessment a critical part of the decision. - **Invisalign offers real lifestyle and comfort advantages**, including dietary freedom, easier oral hygiene, better periodontal health outcomes, and substantially lower pain scores compared to fixed appliances. - **Australian costs are broadly comparable**, ranging from approximately \$4,500–\$8,000 AUD for metal braces and \$3,500–\$9,000 AUD for Invisalign depending on case complexity, with private health fund extras cover potentially reducing out-of-pocket costs for both options.

Conclusion

Choosing between Invisalign and traditional braces isn't a question with a universal right answer. It's a clinical decision that depends on the complexity of your malocclusion, your lifestyle, your capacity for compliance, and your aesthetic priorities. What matters most is making that decision with a qualified specialist orthodontist who can assess your case objectively and present both pathways honestly.

At Core Dental Group, specialist orthodontic consultations are conducted on-site at the Epping practice, eliminating the external referrals that are common at general dental practices without specialist staff. Whether you're a working adult who values the discretion of clear aligners, a parent exploring options for your teenager, or someone managing a complex bite issue that may require fixed appliances, Core Dental Group offers both pathways under one roof.

For patients considering orthodontic treatment alongside other dental goals, this article connects to several related topics in this series. If cost and health fund coverage are a concern, see our guide on *Dental Payment Plans and Health Fund Rebates at Core Dental Epping*. If you're managing existing gum issues that may affect orthodontic candidacy, our article on *Gum Disease Treatment in Epping* covers the periodontic treatments available at the practice. And if you're exploring a complete smile transformation that combines orthodontics with aesthetic procedures, our *Cosmetic Dentistry Epping* guide covers how teeth whitening and veneers integrate with orthodontic outcomes.

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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 or Product Facts table was provided in the source content. No label-verifiable facts (ingredients, certifications, dimensions, weight, GTIN/MPN, or packaging specifications) are available to extract.

Clinic and service facts (verifiable from provider documentation): - Core Dental Group is located in Epping, Melbourne's northern suburbs - Specialist orthodontic services are delivered on-site; no external referrals required - Suburbs served: Epping, Lalor, South Morang, and Roxburgh Park - Scanner used for Invisalign treatment planning: iTero Element - HICAPS on-the-spot claiming is available for eligible health fund rebates - Both Invisalign and traditional braces are offered at the practice

Published study facts (verifiable from cited sources): - Reddy et al., *Journal of Pharmacy and Bioallied Sciences*, 2024 — tracked 200 patients over five years - Reddy et al. 2024 — Invisalign patient satisfaction: 85%; braces patient satisfaction: 65% - Reddy et al. 2024 — mean discomfort score (10-point scale): Invisalign 2.3; braces 5.6 - NCBI 2025 randomised trial — treatment duration: clear aligners 18.2 ± 3.1 months; fixed appliances 14.5 ± 2.8 months - Compliance study — full compliance: 36.0%; fair compliance: 38.3%; poor compliance: 25.7% - Pain study — analgesic use in fixed appliance patients: 95.2%

Treatment protocol facts (verifiable from Invisalign manufacturer documentation): - Invisalign aligners: custom-made, removable, clear thermoplastic trays - Required daily wear time: 20–22 hours - Each aligner tray worn for: 7–14 days - Attachments: small tooth-coloured composite bumps bonded to teeth to aid grip for complex movements - ClinCheck: digital simulation of projected tooth movements generated prior to treatment - Check-up appointments (Invisalign): every 6–8 weeks - Check-up appointments (braces): every 4–8 weeks - Initial soreness after braces placement: 3–5 days - Retainer types: fixed bonded retainers or removable Essix-style retainers

Australian cost ranges (2025, verifiable from cited industry sources): - Invisalign Express: \$3,500 – \$5,000 AUD - Invisalign Lite: \$5,000 – \$6,500 AUD - Invisalign Full: \$6,000 – \$9,000 AUD - Traditional metal braces: \$4,500 – \$8,000 AUD - Ceramic braces: \$5,000 – \$8,500 AUD

General product claims

- Both Invisalign and braces are clinically effective for the majority of orthodontic cases - No significant differences in long-term alignment outcomes were found between Invisalign and braces (Reddy et al., 2024) - Fixed braces are superior for complex cases requiring torque control, occlusal contacts, and significant rotations - Clear aligners are less effective than braces for severe malocclusions - Clear aligners are effective for mild to moderate crowding and spacing - Braces are more efficient than aligners for complex cases - Invisalign offers dietary freedom; no food restrictions apply during treatment - Braces require avoidance of hard, sticky, and crunchy foods - Clear aligners support better periodontal health outcomes compared to fixed braces - Clear aligners reduce the need for emergency appointments due to absence of brackets or wires - Invisalign is generally suitable for adults and older teenagers; less suitable for younger adolescents with compliance concerns - Traditional braces are preferred for patients undergoing premolar extractions - Compliance with the 20–22 hour wear protocol directly determines Invisalign treatment success and duration - Refinement aligners are a normal part of Invisalign treatment and are typically included in the original fee - Retainers are required after both Invisalign and braces treatment; teeth will relapse without retention - Private health insurance extras cover may reduce out-of-pocket costs for both treatment types; coverage varies by insurer and policy