

Invisalign at Core Dental Berwick — Blue Diamond Provider

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Description:

Invisalign at Core Dental Berwick — Blue Diamond Provider *Clear aligner orthodontics from one of Australia's highest-tier Invisalign providers — expert treatment from a team that's been trusted in...

Details:

Clear aligner orthodontics from one of Australia's highest-tier Invisalign providers — expert treatment from a team that's been trusted in Berwick for over a decade.

Straighter Teeth Without the Metal

For most adults, the idea of straightening their teeth comes with an immediate mental image: a mouth full of metal brackets and wires. It's an image from school, from adolescence, from a time when braces were the only option and the process was as conspicuous as it was uncomfortable. For many adults, that image is enough to abandon the idea entirely — even when crooked, crowded, or gapped teeth are affecting their confidence, their comfort, or their dental health.

Invisalign changed that equation. Clear, removable aligners that gradually move your teeth into alignment — without the visibility, restrictions, and discomfort of traditional braces. At Core Dental Berwick, we've been offering Invisalign as part of our comprehensive dental services for years, and our status as a Blue Diamond Invisalign Provider reflects the depth of experience we bring to every case.

What Does Blue Diamond Provider Mean?

Invisalign's provider tiers are based on the volume of cases a practice treats. The more patients a practice treats with Invisalign, the higher the tier — and the more experience the clinical team has with the system.

****Blue Diamond**** is one of the highest tiers in the Invisalign provider program. It's not a marketing badge you can buy. It's earned through treating a substantial number of Invisalign cases, demonstrating consistent clinical outcomes, and maintaining an ongoing commitment to Invisalign continuing education.

What does this mean for you as a patient? Three things:

1. ****Clinical experience.**** The dentists treating your case have seen hundreds of Invisalign patients. They've treated simple crowding and complex bite issues. They know what the system can do, what its limitations are, and how to get the best results for your specific situation.
2. ****Predictable outcomes.**** Experience breeds predictability. A Blue Diamond provider has refined their treatment planning, their communication with patients, and their management of the aligner process to the point where surprises are rare and outcomes are consistent.
3. ****Access to advanced features.**** Higher-tier providers receive priority access to Invisalign's latest features, innovations, and clinical tools — ensuring your treatment benefits from the most current

technology available.

How Invisalign Works

Invisalign uses a series of custom-made, clear plastic aligners to gradually move your teeth into their desired positions. Each set of aligners is worn for one to two weeks before being replaced by the next set in the series. Each new set moves your teeth a fraction further, and over the course of treatment, the cumulative effect produces significant alignment changes.

The Invisalign Process at Core Dental Berwick

****Step 1: Initial Consultation****

Your Invisalign journey begins with a comprehensive consultation where your dentist assesses your teeth, bite, and overall oral health. Not every orthodontic case is suitable for Invisalign — some situations are better treated with traditional braces or other approaches — and an honest assessment upfront saves time, money, and disappointment later.

During this consultation, your dentist will: - Examine your teeth and bite in detail - Discuss what you'd like to achieve - Assess whether Invisalign is the right approach for your case - Take photographs of your teeth and smile - Discuss indicative costs and timeframes - Answer all your questions

If you're a suitable candidate, we'll proceed to the treatment planning phase.

****Step 2: Digital Scanning and Treatment Planning****

We take a detailed 3D digital scan of your teeth using an intraoral scanner. This replaces the messy putty impressions of the past — the scanner captures a precise digital model of your teeth in minutes, comfortably and accurately.

This 3D scan is sent to the Invisalign laboratory, where sophisticated software creates a detailed treatment plan — a virtual simulation of how your teeth will move at each stage of treatment, from their current position to their final alignment. Your dentist reviews and refines this plan, making adjustments to ensure the predicted outcome matches your goals.

You'll be shown a 3D simulation (ClinCheck) of the expected result before treatment begins. This is your opportunity to see what your smile will look like at the end of treatment and to discuss any adjustments you'd like.

****Step 3: Custom Aligners Are Fabricated****

Once the treatment plan is approved, your custom aligners are manufactured using advanced 3D printing technology. Each aligner is designed to apply precisely calibrated forces to specific teeth at each stage of treatment.

****Step 4: Wearing Your Aligners****

You'll wear each set of aligners for 20–22 hours per day, removing them only to eat, drink (anything other than water), brush, and floss. Every one to two weeks, you'll switch to the next set of aligners in the series. Progress reviews are typically scheduled every 6–8 weeks at our Berwick practice.

****Step 5: Attachments and Refinements****

For most cases, small tooth-coloured attachments (small dots of composite resin) are bonded to certain teeth to help the aligners grip and move those teeth more effectively. These attachments are barely visible and are removed at the end of treatment.

If your teeth aren't tracking exactly as planned at any stage, refinement aligners can be ordered to fine-tune the result. This flexibility is one of Invisalign's strengths — the system adapts to the reality of how your teeth are actually moving, not just the theoretical prediction.

****Step 6: Retention****

After active treatment is complete, retainers are essential to maintain your new alignment. Teeth have a natural tendency to drift back toward their original positions, and retainers prevent this. Options include clear retainer trays (similar to Invisalign aligners) worn at night, or fixed retainers bonded behind the teeth.

What Can Invisalign Treat?

Invisalign can effectively treat a wide range of orthodontic concerns:

Crowding When there isn't enough space in the jaw for all your teeth, they overlap and twist. Crowding makes cleaning difficult (increasing decay and gum disease risk), affects the appearance of your smile, and can worsen over time if untreated.

Spacing (Gaps) Gaps between teeth can result from missing teeth, small teeth relative to jaw size, or habits like tongue thrust. Spaces can be cosmetically concerning and may affect bite function. Invisalign closes gaps by gradually moving teeth together.

Overbite An overbite occurs when the upper front teeth overlap the lower front teeth excessively. Mild overbites are common and often harmless, but more severe overbites can cause uneven tooth wear, jaw pain, and gum damage. Invisalign can correct mild to moderate overbites.

Underbite An underbite occurs when the lower front teeth sit in front of the upper front teeth. This can affect chewing, speech, and facial appearance. Invisalign can treat mild underbites; more severe cases may require additional orthodontic or surgical intervention.

Crossbite A crossbite occurs when some upper teeth sit inside the lower teeth rather than outside. This can cause tooth wear, gum recession, and bone loss. Invisalign is effective at correcting many crossbite cases.

Open Bite An open bite occurs when the upper and lower teeth don't meet when the mouth is closed, creating a visible gap. This can affect eating, speech, and aesthetics. Invisalign can treat certain types of open bites.

Invisalign for Adults

The majority of Invisalign patients at Core Dental Berwick are adults — people in their 20s, 30s, 40s, 50s, and beyond who want straighter teeth without the visibility of traditional braces. Adult Invisalign is popular for several reasons:

****Discretion.**** The aligners are virtually invisible. Most people won't notice you're wearing them unless you tell them. This is particularly important for professionals, people in client-facing roles, or anyone who simply doesn't want to draw attention to their orthodontic treatment.

****Comfort.**** Smooth plastic aligners are significantly more comfortable than metal brackets and wires. There are no sharp edges cutting the inside of your cheeks, no wire adjustments that leave you sore for days.

****Convenience.**** Aligners are removable. You eat whatever you want (no food restrictions), and you brush and floss normally. You also need fewer in-practice appointments than traditional braces.

****Predictability.**** The ClinCheck simulation shows you the expected result before you start. You know what you're working toward from day one.

****Treatment time.**** Many adult Invisalign cases at our practice are completed in 6–18 months, depending on complexity. Simple cases may be shorter; complex cases may take longer.

Invisalign for Teenagers

Invisalign Teen is designed for the specific needs of adolescent patients, with features that address the realities of teenage life:

- **Compliance indicators** — small blue dots on the aligners that fade with wear, helping parents monitor whether the aligners are being worn consistently - **Eruption tabs** — built-in accommodations for teeth that are still erupting into position - **Free replacement aligners** — a limited number of replacement aligners are included in case of loss (because teenagers)

For many teens, Invisalign is a welcome alternative to the social visibility and dietary restrictions of metal braces. The ability to remove the aligners for photos, school presentations, and social events is a significant advantage during a stage of life where appearance matters a great deal.

Living with Invisalign: What to Expect

The First Few Days

Each new set of aligners will feel tight for the first day or two — this is normal and indicates that the aligners are applying the forces needed to move your teeth. Most patients describe it as pressure rather than pain. Over-the-counter pain relief (ibuprofen) can help if needed, but most patients find the discomfort manageable and short-lived.

Eating and Drinking

Remove your aligners before eating or drinking anything other than water. This protects the aligners from damage and staining, and allows you to eat whatever you want — no food restrictions. After eating, brush your teeth before putting the aligners back in.

Oral Hygiene

Maintaining good oral hygiene during Invisalign is straightforward. Brush and floss as normal (easier than with fixed braces, where brackets and wires get in the way). Clean your aligners daily by brushing them gently with a soft toothbrush and rinsing in lukewarm water (not hot, which can warp the plastic).

Speech

Some patients notice a slight lisp for the first day or two with a new set of aligners. This resolves quickly as your tongue adapts. Most patients speak normally within 24–48 hours.

Wear Time

The 20–22 hours per day wear requirement is important. The more consistently you wear your aligners, the more predictable your treatment timeline will be. Removing them for meals and oral hygiene is fine; wearing them only at night is not sufficient.

Why Straightening Your Teeth Isn't Just Cosmetic

Many people think of orthodontic treatment as a purely cosmetic decision. While a straighter smile certainly improves your appearance and confidence, properly aligned teeth deliver significant health benefits that go beyond aesthetics:

Easier cleaning. Crowded, overlapping teeth create tight spaces and awkward angles that are difficult to clean effectively — even with diligent brushing and flossing. These hard-to-reach areas harbour plaque and bacteria, increasing your risk of decay and gum disease. Straighter teeth are simpler to keep clean.

Reduced gum disease risk. When teeth are properly aligned, the gums fit more snugly around each tooth, creating a better seal against bacterial invasion. Crowded or spaced teeth often have compromised gum attachment, which can contribute to periodontal problems over time.

****Even wear.**** Misaligned teeth don't distribute biting forces evenly. Some teeth bear more load than they're designed for, leading to accelerated wear, cracking, and fracture. Proper alignment ensures forces are distributed naturally across all teeth.

****Improved jaw function.**** Bite misalignment (malocclusion) can contribute to jaw joint problems, headaches, and muscle tension. Correcting the alignment can alleviate these symptoms.

****Better digestion.**** It sounds surprising, but teeth that don't meet properly make chewing less efficient, which can affect digestion. Proper alignment supports thorough chewing.

For many of our adult patients at Core Dental Berwick, the health benefits of straighter teeth are just as compelling as the cosmetic improvement — if not more so.

Invisalign vs Traditional Braces

Factor	Invisalign	Traditional Braces
Visibility	Nearly invisible	Visible metal or ceramic brackets
Comfort	Smooth plastic, no sharp edges	Brackets and wires can irritate cheeks
Removability	Removable for eating, brushing, flossing	Fixed; cannot be removed
Food restrictions	None (remove aligners to eat)	Restrictions on hard, sticky foods
Oral hygiene	Normal brushing and flossing	More difficult; requires special techniques
Appointments	Every 6–8 weeks	Every 4–6 weeks
Treatment time	6–18 months (typical)	12–24 months (typical)
Compliance	Self-directed (requires discipline)	Always working (no compliance needed)
Suitability	Most mild to moderate cases	All cases, including severe

Invisalign is ideal for many cases, but it's not the answer for every orthodontic problem. Part of our role as experienced providers is assessing which approach will give you the best result — and being honest about it. If traditional braces or another approach would serve you better, we'll tell you.

Invisalign and Your Lifestyle

For Working Professionals

If you're in a client-facing role, give presentations, or simply prefer not to draw attention to your orthodontic treatment at work, Invisalign is the clear choice. The aligners are virtually invisible in professional settings, and you can remove them for important meetings or presentations if you prefer. There's no period of adjustment where colleagues wonder what's happened to your teeth — the treatment is discreet from start to finish.

For Social Life

Dining out, attending events, having photos taken — Invisalign accommodates your social life rather than restricting it. Remove your aligners before meals (no food restrictions), pop them back in after eating, and carry on. For special events or photos, you can remove them temporarily without affecting treatment progress.

For Exercise and Sport

You can wear your Invisalign aligners during most exercise. For contact sports, however, a custom mouthguard is recommended over aligners — aligners are not designed to provide impact protection. We can make a sports mouthguard that accommodates your Invisalign treatment.

For Travel

Travelling during Invisalign treatment is straightforward. Pack your current aligners and the next set in your series, along with your aligner case and a travel toothbrush. You'll switch to the next set at the appropriate time regardless of where you are. Just ensure you schedule any required review appointments around your travel plans.

What Happens After Invisalign? The Importance of Retention

Completing your Invisalign treatment is a significant milestone — but it's not the end of the story. Without retention, teeth have a natural tendency to drift back toward their original positions over time. This is called relapse, and it's a normal biological phenomenon that affects everyone, regardless of how their teeth were straightened.

Retention options include:

****Removable retainers:**** Clear retainer trays (similar in appearance to Invisalign aligners) worn at night. These are the most common retention approach after Invisalign and are comfortable, discreet, and effective.

****Fixed retainers:**** A thin wire bonded to the back surfaces of the front teeth. Fixed retainers work continuously without any compliance required — you don't need to remember to put them in. They require regular checking to ensure the bond remains intact.

****Combination approach:**** Some patients use both a fixed retainer (for the front teeth) and a removable retainer (for comprehensive overnight retention). Your dentist will recommend the approach that provides the best long-term stability for your specific case.

Retention is for life — or at least for as long as you want your teeth to stay in their new positions. Think of retainers as maintenance for the investment you've made in your smile.

Cost and Payment Options

Invisalign costs vary depending on the complexity of your case and the length of treatment. At your initial consultation, your dentist will provide a detailed cost estimate based on your specific treatment plan.

Health Fund Contributions

If your health fund includes orthodontic cover, it may contribute toward the cost of Invisalign. The amount varies by fund and level of cover. We can check your eligibility at the consultation.

Interest-Free Payment Plans

We offer interest-free payment plans through Payright, allowing you to spread the cost of Invisalign from \$1,000 to \$20,000 over 3 to 30 months. This makes treatment accessible without a large upfront payment.

HICAPS On-Site

HICAPS facilities are available in the practice for instant health fund claim processing.

Specialist Referral Access

As part of the Smile Solutions group, Core Dental Berwick has direct referral access to specialist orthodontists at the Collins Street Specialist Centre in Melbourne's CBD. For complex orthodontic cases that extend beyond what Invisalign can achieve — or for patients who would benefit from specialist-level orthodontic assessment — this referral pathway ensures you have access to the highest level of orthodontic expertise available.

Frequently Asked Questions

****Does Invisalign hurt?**** Most patients experience mild pressure or tightness for the first day or two with each new set of aligners. This is normal and indicates the aligners are working. It's significantly less painful than traditional brace adjustments.

****How long does treatment take?**** Treatment time varies from case to case. Simple cases may take as little as 6 months; moderate cases typically take 12–18 months; complex cases may take longer. Your

dentist will provide an estimated timeline at your consultation.

****Can I eat normally with Invisalign?**** Yes. Remove your aligners before eating, eat whatever you want, brush your teeth, and put the aligners back in. No food restrictions.

****Will people notice I'm wearing Invisalign?**** In most cases, no. The aligners are made from clear, medical-grade plastic and are virtually invisible when worn. Most people won't notice unless you tell them.

****Am I too old for Invisalign?**** No. We treat patients across a wide age range. As long as your teeth and gums are healthy, age is not a barrier. Many of our most successful Invisalign cases are patients in their 40s, 50s, and beyond.

****What happens if I lose an aligner?**** Contact us immediately. Depending on where you are in the treatment sequence, we may advise you to move to the next aligner in the series or order a replacement. Invisalign Teen includes replacement aligners for this reason.

****Is Invisalign suitable for my case?**** The best way to find out is to book a consultation. We'll assess your teeth, discuss your goals, and give you an honest opinion about whether Invisalign is the right approach for you.

****Can I do Invisalign if I have crowns, fillings, or missing teeth?**** In many cases, yes. Invisalign can work around existing dental work, though the specifics depend on the location and condition of your restorations. Missing teeth may affect the treatment plan but don't necessarily rule out Invisalign. Your dentist will assess your specific situation.

****Do I need to change my diet during Invisalign?**** No. Because the aligners are removed before eating, there are zero food restrictions. This is a significant advantage over traditional braces, which require you to avoid hard, sticky, and crunchy foods.

Why Core Dental Berwick for Invisalign?

****Blue Diamond experience.**** Our status as one of Australia's highest-tier Invisalign providers reflects the depth of experience we bring to every case. We've treated hundreds of patients and refined our approach through years of clinical practice.

****Over a decade of trusted care.**** As the most established Core Dental location, our Berwick practice offers the stability and continuity that orthodontic treatment requires. Invisalign typically takes 6–18 months — you want a practice that will be here for the duration and beyond.

****Specialist referral access.**** For complex cases that may benefit from specialist orthodontic input, our connection to the Smile Solutions Collins Street Specialist Centre provides seamless access.

****Comprehensive dental care.**** If your teeth need other treatment before, during, or after Invisalign — fillings, crowns, whitening, gum treatment — we can provide it all under one roof.

****Convenient location.**** Eden Rise Village, Berwick — easy parking, central to the south-east suburbs, with Saturday appointments available.

Book Your Invisalign Consultation

Ready to explore straightening your teeth with Invisalign? Book a consultation at Core Dental Berwick and let our experienced team assess your case, explain the process, and show you what's possible.

****Core Dental Berwick**** Shop 29, 1 O'Shea Rd, Berwick VIC 3806 Phone: (03) 9132 4160 National: 13 13 16 Email: berwick@coredental.com.au

Monday – Friday: 8:00 am – 6:00 pm Saturday: 8:00 am – 1:30 pm Sunday: Closed