

Invisalign at Core Dental Epping — Blue Diamond Provider

Canonical: <https://directory.coredental.com.au/orthodontic-treatments/invisalign-at-core-dental-epping-blue-diamond-provider-2-article/>

Description:

Invisalign at Core Dental Epping — Blue Diamond Provider *Core Dental Epping is a Blue Diamond Invisalign Provider, reflecting extensive experience with clear aligner treatment. Whether you're an a...

Details:

Core Dental Epping is a Blue Diamond Invisalign Provider, reflecting extensive experience with clear aligner treatment. Whether you're an adult who's always wanted straighter teeth or a parent exploring orthodontic options for your teen, Invisalign offers a discreet, comfortable alternative to traditional braces.

Why Invisalign?

For many adults, the idea of metal braces feels like something they missed the boat on — something they should have done as a teenager but didn't, and now it's too late. For others, the thought of metal brackets and wires in professional meetings, social situations or photographs is simply a non-starter.

Invisalign changed that equation. Using a series of custom-made clear plastic aligners, Invisalign gradually moves teeth into their ideal positions without the visibility, discomfort and dietary restrictions of traditional braces. The aligners are virtually invisible when worn, removable for eating and cleaning, and replaced every one to two weeks as your teeth progressively shift.

Since its introduction to Australia, Invisalign has become one of the most popular orthodontic treatments for adults and teens — and Core Dental Epping has the experience and provider status to deliver consistently excellent results.

What Does Blue Diamond Provider Mean?

Invisalign assigns provider tiers based on the number of cases a practice completes. The tiers, from entry level to highest, are:

- Bronze - Silver - Gold - Platinum - Platinum Elite - Diamond - **Blue Diamond**

Blue Diamond is among the highest provider tiers, reflecting a significant volume of Invisalign cases. What this means for you as a patient:

- **Clinical experience** — The team has treated a wide range of cases, from simple alignment issues to complex bite corrections, building expertise that comes only with volume - **Predictable outcomes** — Experience with hundreds of cases means the team can anticipate challenges and plan accordingly - **Efficient treatment** — Familiarity with the Invisalign system means fewer refinement stages and more accurate predictions of treatment time - **Access to advanced features** — Higher-tier providers have access to Invisalign's latest innovations and aligner technologies

When choosing an Invisalign provider, experience matters. Aligners are a tool — the clinical skill and judgement of the treating dentist or orthodontist determine the result. A Blue Diamond provider has

seen the full spectrum of cases and knows how to plan treatment that delivers predictable, lasting results.

For patients across Epping, South Morang, Mill Park, Lalor, Thomastown and Wollert, having a Blue Diamond provider in the local area means access to this level of Invisalign experience without travelling to the CBD or across Melbourne.

What Can Invisalign Treat?

Invisalign can address a wide range of orthodontic issues, including:

Crowded Teeth

When there isn't enough space in the jaw for all teeth to fit naturally, they overlap and rotate. Crowded teeth aren't just a cosmetic concern — they're harder to clean effectively, increasing the risk of decay and gum disease in the overlapping areas.

Invisalign can create space by gently expanding the arch or by precisely moving individual teeth into alignment, reducing crowding and making oral hygiene more effective.

Spacing and Gaps

Gaps between teeth (diastemas) can occur anywhere in the mouth but are most common between the upper front teeth. Spacing can result from naturally small teeth, missing teeth, or jaw size discrepancies.

Invisalign closes gaps by gradually moving teeth together, creating a more uniform and aesthetically pleasing smile.

Overbite

An overbite (also called a deep bite) occurs when the upper front teeth overlap the lower front teeth excessively. A mild overbite is normal, but an excessive overbite can cause:

- Wear on the lower front teeth - Gum irritation behind the upper front teeth - Jaw discomfort - An aged facial appearance

Invisalign can reduce an overbite by intruding (pushing up) the front teeth and/or extruding (pulling down) the back teeth to level the bite.

Underbite

An underbite occurs when the lower teeth sit in front of the upper teeth. Underbites can affect chewing efficiency and speech, and can contribute to jaw joint problems.

Mild to moderate underbites can often be treated with Invisalign alone. More severe skeletal underbites may require a combination of Invisalign and other interventions — your dentist will assess whether Invisalign is appropriate for your specific case.

Crossbite

A crossbite occurs when some upper teeth sit inside the lower teeth rather than outside. Crossbites can cause asymmetric jaw growth in children, uneven wear on teeth, and gum recession.

Invisalign can correct dental crossbites by moving the affected teeth into their correct positions.

Open Bite

An open bite occurs when the upper and lower front teeth don't meet when the mouth is closed, leaving a visible gap. Open bites can affect biting into food (sandwiches, apples) and speech.

Invisalign can treat open bites by intruding the back teeth and/or extruding the front teeth to close the gap.

General Misalignment

Even if your teeth aren't severely crooked, minor misalignment can affect the aesthetics of your smile and the way your teeth function together. Invisalign excels at treating mild to moderate alignment issues efficiently and discreetly.

The Invisalign Treatment Process at Core Dental Epping

Step 1: Initial Consultation

Your Invisalign journey begins with a comprehensive consultation. Your dentist will:

- Examine your teeth, gums and bite
- Discuss your goals and concerns
- Assess whether Invisalign is the right option for your case
- Explain the likely treatment time, process and costs
- Answer all your questions

If Invisalign is suitable, the next step is detailed treatment planning.

Step 2: Digital Scanning and Treatment Planning

Core Dental Epping uses **digital intraoral scanning** rather than traditional impression trays to capture a precise 3D model of your teeth. This scan is:

- Fast — completed in minutes
- Comfortable — no goopy impression material or gagging
- Accurate — capturing thousands of data points for a precise digital model

The digital scan is uploaded to Invisalign's proprietary software, where your dentist designs your treatment plan — mapping the precise movements each tooth needs to make, from its current position to its final alignment.

You'll be shown a **ClinCheck simulation** — a 3D animation of your teeth moving through each stage of treatment, so you can see your predicted result before a single aligner is made.

Step 3: Aligner Fabrication

Once you approve the treatment plan, your custom aligners are manufactured using Invisalign's patented SmartTrack material. Each aligner is slightly different, representing the next stage of tooth movement.

Depending on your case complexity, you'll receive between 10 and 50+ sets of aligners.

Step 4: Wearing Your Aligners

Wear schedule:

- Aligners should be worn for **20 to 22 hours per day** - Remove them only for eating, drinking (anything other than water) and brushing/flossing
- Switch to a new set of aligners every **one to two weeks** as directed by your dentist

Attachments:

In many cases, small tooth-coloured composite "attachments" are bonded to certain teeth. These small bumps act as handles for the aligners, allowing more precise and controlled tooth movement. Attachments are barely visible and are removed at the end of treatment.

Elastic bands:

Some cases require small elastic bands to be worn between the upper and lower aligners to correct bite issues. Your dentist will show you how to use these if they're needed.

Step 5: Progress Checks

You'll visit Core Dental Epping every **six to eight weeks** for progress checks. At these appointments, your dentist will:

- Assess how your teeth are tracking against the treatment plan
- Provide your next sets of aligners
- Place or adjust attachments if needed
- Make any necessary modifications to the treatment plan

Step 6: Refinement (If Needed)

In some cases, additional aligners (refinements) may be needed to achieve the final result. This is a normal part of the Invisalign process — teeth don't always move exactly as predicted, and refinement aligners fine-tune the result.

Step 7: Retention

Once your teeth are in their final positions, you'll need to wear a **retainer** to prevent them from shifting back. This is the most important phase of treatment that many patients underestimate — without retention, teeth will gradually shift toward their original positions. This is true for any orthodontic treatment, not just Invisalign.

Retention options include:

- **Vivera retainers** — Clear retainers made from the same material as Invisalign aligners, worn at night. These are custom-made from your final tooth positions and are typically worn every night initially, then gradually reduced to several nights per week
- **Fixed retainers** — A thin wire bonded behind the front teeth (upper, lower or both) for permanent retention. The advantage is that retention is passive — you don't need to remember to wear anything. The wire is invisible from the front
- **Combination approach** — Many patients benefit from a fixed retainer on the lower teeth (where shifting is most common) combined with a removable retainer for the upper teeth

Your dentist will recommend the best retention strategy for your case. The investment in retention protects the investment you've made in your Invisalign treatment.

Invisalign for Adults: It's Never Too Late

Many adults assume that orthodontic treatment is something you do as a teenager, and that the window has closed. This couldn't be further from the truth.

Adult Invisalign patients come to Core Dental Epping for many reasons:

- **Teeth that have shifted** after previous orthodontic treatment (braces as a teenager, but no retainer worn afterwards)
- **Crowding** that has worsened with age — teeth naturally tend to crowd over time, particularly the lower front teeth
- **Preparing for other dental work** — Aligning teeth before crowns, veneers or implants can improve the outcome and longevity of restorative treatment
- **Confidence and self-esteem** — Many adults have always been self-conscious about their teeth and are finally ready to do something about it
- **Professional advancement** — A confident smile can make a genuine difference in client-facing roles, presentations and professional interactions

There is no upper age limit for Invisalign treatment. As long as your teeth and gums are healthy, alignment can be achieved at any age. Some of the most rewarding Invisalign cases at Core Dental Epping have been adults in their 40s, 50s and beyond who finally decided it was time.

Invisalign for Teens

Invisalign isn't just for adults. **Invisalign Teen** is specifically designed for adolescents, with features that address the unique challenges of teenage orthodontics:

- **Compliance indicators** — Small blue dots on the aligners that fade with wear, helping parents and dentists verify the aligners are being worn for the recommended hours - **Eruption tabs** — Accommodating teeth that haven't fully emerged yet - **Replacement aligners** — A small number of replacement aligners are included in case of loss (because teenagers)

For younger patients with more complex needs or anxiety about dental treatment, specialist paediatric dentist **Dr Aish Kesava** can provide assessment and guidance on the most appropriate timing and approach for orthodontic intervention.

Invisalign vs Traditional Braces

Feature	Invisalign	Traditional Braces
Visibility	Virtually invisible	Visible metal or ceramic brackets
Removability	Removable for eating and cleaning	Fixed for the duration of treatment
Comfort	Smooth plastic, no wires or brackets to irritate cheeks	Brackets can cause irritation, wire adjustments can be uncomfortable
Diet	No restrictions (aligners removed for eating)	Avoid sticky, hard and crunchy foods
Oral hygiene	Brush and floss normally (aligners removed)	More difficult to brush and floss around brackets and wires
Appointments	Every 6–8 weeks, typically shorter	Every 4–6 weeks for adjustments
Treatment time	Comparable to braces for most cases	Comparable to Invisalign for most cases
Complex cases	Excellent for mild to complex cases; very severe cases may require braces	Can treat the full range of orthodontic issues

Life with Invisalign

One of the biggest advantages of Invisalign is how little it disrupts your daily life. Here's what real Invisalign patients commonly experience:

Eating and Drinking

Remove your aligners before eating or drinking anything other than water. This means no food restrictions — enjoy all the foods that braces patients have to avoid (sticky caramels, popcorn, corn on the cob, apples, crusty bread). Just brush your teeth (or at least rinse your mouth) before putting the aligners back in to prevent trapping food particles and bacteria against your teeth.

Many patients find that Invisalign actually improves their eating habits — the need to remove aligners and brush afterwards tends to reduce mindless snacking.

Social and Professional Life

Invisalign aligners are virtually invisible. Most people won't notice you're wearing them unless you tell them. This makes Invisalign particularly popular with professionals, public speakers, teachers and anyone who'd prefer their orthodontic treatment to be discreet.

Patients often report that they go weeks before friends, colleagues or even partners notice the aligners. When they do, the typical reaction is curiosity rather than the self-consciousness associated with metal braces.

Exercise and Sport

You can wear your aligners during most forms of exercise, including running, gym workouts, cycling and swimming. For contact sports (AFL, rugby, martial arts, basketball), remove the aligners and wear a custom mouthguard to protect your teeth. The team at Core Dental Epping can fabricate a custom mouthguard that accommodates your changing tooth positions during treatment.

Speech

Some patients notice a slight lisp when they first start wearing aligners, particularly with "s" and "th" sounds. This almost always resolves within a day or two as your tongue adapts to the aligners. Reading aloud or speaking more during the first day with new aligners can speed up this adjustment.

Comfort

Invisalign aligners apply gentle, controlled forces to your teeth. Some pressure and mild discomfort is normal when switching to a new set of aligners (a sign that the teeth are moving), but this typically settles within a couple of days. Most patients describe the sensation as pressure rather than pain.

Compared to the discomfort of tightened wire braces, most Invisalign patients find the experience significantly more comfortable.

Travel

Invisalign is particularly convenient for travellers. Pack your current aligners and the next set in your hand luggage, along with a travel toothbrush. No orthodontic emergencies (broken wires, detached brackets) to deal with away from home. If you're travelling for an extended period, your dentist can provide extra sets of aligners in advance.

Oral Hygiene During Treatment

One of Invisalign's significant advantages over braces is oral hygiene. Because the aligners are removable, you brush and floss your teeth exactly as you normally would — no threading floss around wires, no special brushes to clean between brackets. This means your risk of decay and gum problems during treatment is lower than with fixed braces.

The aligners themselves should be cleaned daily — brush them gently with a soft toothbrush and rinse with cool water. Avoid hot water, which can distort the plastic.

Common Questions About the Invisalign Process

How long does Invisalign treatment take?

Treatment time varies by case complexity:

- **Simple cases** (minor crowding or spacing): 6 to 12 months - **Moderate cases** (moderate crowding, some bite correction): 12 to 18 months - **Complex cases** (significant crowding, major bite issues): 18 to 24+ months

Your dentist will give you an estimated treatment time at your consultation. Consistent wear (20–22 hours per day) is the single biggest factor in staying on track.

What if I lose an aligner?

Contact Core Dental Epping. Depending on where you are in your treatment, you may be advised to move to the next set of aligners or to wear your previous set while a replacement is ordered. This is one reason to keep your previous set of aligners until your dentist confirms you can discard them.

Can I play musical instruments with Invisalign?

Most musicians adapt quickly. Wind and brass instrument players may notice a brief adjustment period, but the thin, smooth profile of the aligners is far less disruptive than braces with brackets and wires.

How Much Does Invisalign Cost?

The cost of Invisalign treatment varies depending on the complexity of your case, the number of aligners required and the duration of treatment. Your dentist will provide a detailed quote at your consultation after your digital scan and ClinCheck simulation.

As a general guide:

- **Simple cases** (minor crowding or spacing) tend to be at the lower end of the cost range -
- Complex cases** (significant crowding, bite correction, multiple issues) tend to be at the higher end -
- Invisalign Teen** pricing is comparable to standard Invisalign

Payment Options

Core Dental Epping offers several ways to manage the cost of Invisalign:

- **Health fund rebates** — Some health funds provide partial rebates for orthodontic treatment (Invisalign). Check your fund's orthodontic cover. **HICAPS** is available on-site for instant claiming.
- **Payright interest-free payment plans** — Spread the cost over **3 to 30 months** with no interest, for treatments from \$1,000 to \$20,000. This makes Invisalign accessible without needing to pay the full amount upfront.

Specialist Referral Access

As part of the **Smile Solutions Group**, Core Dental Epping has direct referral access to **orthodontic specialists** at the **Collins Street Specialist Centre** for cases that may benefit from specialist orthodontic oversight. This ensures that even the most complex alignment and bite issues can be managed within the Smile Solutions network.

Invisalign and Your Oral Health

Straighter teeth aren't just about aesthetics — they're genuinely better for your oral health:

- **Easier to clean** — Crowded, overlapping teeth create hard-to-reach areas where plaque accumulates, increasing the risk of decay and gum disease. Straight teeth are simpler to brush and floss effectively.
- **More even bite forces** — Properly aligned teeth distribute chewing forces more evenly, reducing the risk of excessive wear, cracks and fractures on individual teeth.
- **Healthier gums** — Teeth that fit properly in the arch tend to have healthier gum attachment than teeth that are crowded, spaced or rotated.
- **Reduced jaw strain** — Bite correction can alleviate symptoms of TMJ dysfunction, including jaw pain, headaches and clicking.

Invisalign treatment is an investment in both the appearance and the long-term health of your teeth.

Is Invisalign Right for You?

Invisalign is suitable for the vast majority of orthodontic cases in adults and teens. However, certain very complex cases may be better suited to traditional braces or a combination approach. The only way to know for sure is to have an assessment.

You might be a great candidate for Invisalign if:

- You want straighter teeth but don't want visible braces
- You value the ability to remove your aligners for eating and cleaning
- You're committed to wearing the aligners for the recommended 20 to 22 hours per day
- You want predictable results backed by digital treatment planning
- You prefer fewer and shorter dental appointments
- You have an active lifestyle or play sports where brackets and wires could be problematic
- You're an adult professional who wants discreet treatment

Invisalign may not be ideal if:

- You have very severe skeletal jaw discrepancies (though many can still be treated)
- You're unlikely to wear the aligners consistently (compliance is key — without 20+ hours of daily wear, teeth won't track as planned)
- You have certain dental conditions (active decay, untreated gum disease) that need to be addressed before orthodontic treatment begins
- Very complex tooth movements that require precise, multi-directional force application (your dentist will assess this)

The best way to find out is a consultation — your dentist can assess your specific case, show you a digital simulation of your predicted result and give you a clear recommendation.

Book Your Invisalign Consultation

Ready to find out if Invisalign is right for you? Book a consultation at Core Dental Epping to discuss your goals, see a digital preview of your potential result and learn about the costs and timeline involved.

- **Phone:** (03) 9401 4622 - **National Booking Line:** 13 13 16 - **Email:**
epping@coredental.com.au - **Address:** Tenancy 3B/230 Cooper St, Epping VIC 3076 - **Hours:**
Monday to Friday 8:00 AM – 6:00 PM | Saturday 8:00 AM – 1:30 PM

Core Dental Epping is approximately a 10-minute walk from **Epping Station** and serves patients from across Melbourne's northern suburbs, including Epping, South Morang, Mill Park, Lalor, Thomastown and Wollert.

Core Dental Epping is a Blue Diamond Invisalign Provider and part of the Smile Solutions Group. For complex orthodontic cases, referral to specialist orthodontists at the Collins Street Specialist Centre is available.