

Invisalign at Core Dental Southbank — Blue Diamond Provider

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

Description:

Invisalign at Core Dental Southbank — Blue Diamond Provider **Category:** Orthodontic Treatments
Target Word Count: 3,500 words --- ## Straighten Your Teeth with Invisalign in Southbank If y...

Details:

Category: Orthodontic Treatments **Target Word Count:** 3,500 words

Straighten Your Teeth with Invisalign in Southbank

If you've been thinking about straightening your teeth but the idea of metal braces doesn't appeal — especially in a professional environment — Invisalign is worth a serious look. It's the world's most popular clear aligner system, and at Core Dental Southbank, we offer it backed by the clinical experience and Blue Diamond Provider status of the Smile Solutions group.

Blue Diamond is one of the highest provider tiers in the Invisalign system, earned through the volume and quality of cases treated. It means our dentists aren't new to clear aligners — they've seen the full range of orthodontic cases, from simple cosmetic alignment through to complex bite corrections, and they know how to plan treatments that deliver results.

For Southbank professionals, students, and anyone who wants straighter teeth without the look and lifestyle impact of traditional braces, Invisalign at Core Dental Southbank offers a genuinely practical path.

Whether you're dealing with crowding that's bothered you for years, gaps you'd like to close, or a bite issue that's affecting your comfort, Invisalign offers a discreet, comfortable and clinically proven solution.

What Is Invisalign?

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, with each new aligner making small, precise adjustments.

The aligners are:

- ****Virtually invisible**** — Made from clear, medical-grade SmartTrack material, Invisalign aligners are difficult to see when worn. Most people won't notice you're wearing them.
- ****Removable**** — You take them out to eat, drink (anything other than water), brush and floss. There are no dietary restrictions and your oral hygiene routine stays the same.
- ****Comfortable**** — The aligners are smooth, with no brackets or wires to irritate your cheeks, lips or tongue.
- ****Custom-made**** — Each set is fabricated specifically for your teeth using 3D digital scanning and computer-aided design.

How Invisalign Differs from Traditional Braces

Feature	Invisalign	Traditional Braces
Appearance	Virtually invisible clear aligners	Visible metal or ceramic brackets and wires
Removability	Removable for eating, drinking and cleaning	Fixed; cannot be removed until treatment is complete
Dietary restrictions	None (aligners removed when eating)	Yes (hard, sticky and chewy foods restricted)
Oral hygiene	Normal brushing and flossing	More complex; requires specialised cleaning around brackets and wires
Comfort	Smooth plastic; generally comfortable	Brackets and wires can irritate soft tissues
Office visits	Typically every 6–8 weeks	Typically every 4–6 weeks for adjustments
Speech	Minimal adjustment period	Minimal adjustment period

For many adults, the choice comes down to lifestyle. Invisalign fits into your life without requiring you to change how you eat, how you clean your teeth, or how you present yourself professionally. Traditional braces are still the better option for certain complex cases, but for the vast majority of adult orthodontic needs, Invisalign delivers excellent results with far less disruption.

It's worth noting that orthodontic treatment as an adult is increasingly common. There's no age limit on Invisalign — we treat patients in their twenties, thirties, forties, fifties and beyond. If your teeth and gums are healthy, you're a potential candidate regardless of age.

Why Blue Diamond Provider Status Matters

Invisalign providers are tiered based on the number of cases they treat. Blue Diamond is among the highest levels, indicating significant clinical experience with the system. Here's why that matters for you:

- **Treatment planning expertise** — More experience means better treatment plans. Our dentists have planned and managed a wide range of Invisalign cases, from straightforward cosmetic alignment to complex bite corrections involving multiple phases of treatment.
- **Predictable outcomes** — Experienced providers are better at anticipating how teeth will move, when refinement aligners may be needed, and how to manage challenging movements like rotations, intrusions and root torque.
- **Efficient treatment** — Experienced providers tend to design more efficient treatment plans, which can mean fewer total aligners and shorter overall treatment times.
- **Access to the full Invisalign product range** — Blue Diamond providers have access to all Invisalign treatment options, including Invisalign Comprehensive, Invisalign Lite, Invisalign Express and Invisalign First (for younger patients with mixed dentition).
- **Troubleshooting capability** — Not every case progresses exactly as planned. Experienced providers are better equipped to identify when teeth aren't tracking as expected and to implement mid-course corrections efficiently.

The Invisalign Process at Core Dental Southbank

Step 1: Initial Consultation

Your Invisalign journey begins with a consultation at Core Dental Southbank. During this appointment, your dentist will:

- Examine your teeth, gums and bite
- Discuss your concerns and what you'd like to achieve
- Assess whether Invisalign is suitable for your case
- Take digital scans of your teeth (no messy impressions —

just a quick, comfortable digital scan) - Discuss the estimated timeline, process and cost

If Invisalign is right for you, your dentist will use the digital scan to create a 3D treatment plan using Invisalign's ClinCheck software. This gives you a virtual preview of how your teeth will move at each stage and what your final result will look like — before you commit to treatment.

Step 2: Custom Aligner Fabrication

Once you approve your treatment plan, the digital data is sent to Invisalign's laboratory where your custom aligners are manufactured. Each aligner is precisely engineered to make specific tooth movements at specific stages of treatment.

You'll receive your full series of aligners, typically ranging from 12 to 50+ sets depending on the complexity of your case.

Step 3: Wearing Your Aligners

You'll wear each set of aligners for one to two weeks (your dentist will specify the schedule), for ****20 to 22 hours per day****. You only remove them to eat, drink anything other than water, and to brush and floss.

Compliance is key. The more consistently you wear your aligners, the more effectively and predictably your teeth will move. Most patients find that wearing aligners becomes second nature within the first few days — you quickly stop noticing them.

Small tooth-coloured attachments (bumps) may be bonded to certain teeth at the beginning of treatment. These help the aligners grip and move specific teeth more effectively. They're subtle and barely noticeable, and they're removed at the end of treatment.

Step 4: Progress Checks

You'll visit Core Dental Southbank approximately 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
- Make any necessary adjustments to the plan
- Place or adjust attachments (small tooth-coloured bumps bonded to certain teeth to help the aligners grip and move them more effectively)

Step 5: Refinement (If Needed)

In some cases, additional aligners — called refinement aligners — may be needed toward the end of treatment to fine-tune the final result. This is a normal part of the Invisalign process and is included in most treatment plans.

Step 6: Retention

Once your teeth have reached their final positions, you'll need to wear retainers to keep them there. Without retention, teeth have a natural tendency to shift back toward their original positions over time.

Your dentist will discuss retainer options with you, which typically include:

- ****Vivera retainers**** — Clear retainers made by Invisalign, similar in appearance to your aligners but designed for long-term wear
- ****Fixed retainers**** — A thin wire bonded to the back of your front teeth (usually lower), providing permanent retention without any removable appliance

Most patients wear removable retainers full-time for a few months after treatment, then transition to night-time wear only. Your dentist will give you specific guidance based on your case. Retention is not optional — it's a critical part of the treatment, and skipping it can undo months of progress.

Many patients choose a combination of a fixed lower retainer for permanent, maintenance-free retention on the bottom teeth, and a removable Vivera retainer for the upper teeth.

What Can Invisalign Treat?

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

Crowding When there isn't enough space in the jaw for all your teeth to fit naturally, they overlap, twist or rotate. Crowding is one of the most common reasons adults seek orthodontic treatment, and it's highly treatable with Invisalign.

Spacing (Gaps) Gaps between teeth — whether from missing teeth, small teeth or jaw size discrepancies — can be closed with Invisalign to create a more uniform appearance and improve function.

Overbite An overbite occurs when the upper front teeth overlap the lower front teeth excessively. Mild to moderate overbites are treatable with Invisalign; severe cases may require specialist orthodontic care.

Underbite An underbite occurs when the lower front teeth sit in front of the upper front teeth. Mild underbites can be treated with Invisalign; more significant underbites may need combined orthodontic and surgical approaches.

Crossbite A crossbite occurs when some upper teeth sit inside the lower teeth rather than outside. Invisalign can correct many crossbite cases, improving bite function and reducing the risk of uneven wear.

Open Bite An open bite occurs when the upper and lower front teeth don't meet when the mouth is closed. Invisalign can treat many open bite cases, though severe open bites may require specialist intervention.

General Alignment and Cosmetic Improvement Many of our Southbank patients don't have a significant orthodontic issue — they simply want straighter, more aligned teeth for cosmetic reasons. Invisalign is ideal for these cases, often requiring fewer aligners and shorter treatment times.

When Invisalign Might Not Be Suitable

While Invisalign treats a broad range of cases, some situations may require traditional braces or specialist orthodontic care:

- Severe skeletal discrepancies (significant jaw size mismatches)
- Complex tooth movements that require more precise mechanical control
- Cases requiring significant vertical tooth movement
- Patients who cannot commit to wearing aligners 20–22 hours per day

If your case is better suited to specialist orthodontic treatment, we can refer you to orthodontists at the Collins Street Specialist Centre at the Manchester Unity Building.

Invisalign for Professionals

Invisalign's popularity with Southbank's professional population isn't accidental. Clear aligners solve specific problems that traditional braces create in a professional context:

- ****Client-facing roles**** — Whether you're in law, finance, consulting, healthcare or any role where you interact face-to-face with clients, Invisalign means you can straighten your teeth without anyone noticing.

- **Presentations and public speaking** — No metal brackets catching the light. No concerns about your appearance on video calls or in presentations.
- **Business meals and networking** — Remove your aligners before eating and drinking. No dietary restrictions, no food getting stuck in brackets, no awkward moments at a client dinner.
- **Travel** — Invisalign is easy to manage on business trips. You don't need to find an orthodontist for a broken wire — just pack your current and next set of aligners and continue treatment wherever you are.
- **Photography and events** — Remove your aligners for important photos, headshots, events or occasions, then pop them back in. No permanent hardware to work around.
- **Video calls and virtual meetings** — In today's hybrid work environment, clear aligners are a natural fit. They're virtually invisible on camera, and they don't affect your speech in a way that colleagues would notice.

Many of our professional patients tell us they chose Invisalign specifically because it doesn't interfere with their working life. They appreciate being able to improve their smile without it becoming a topic of conversation at the office.

Invisalign for Teens

Invisalign isn't just for adults. Invisalign Teen is designed specifically for adolescent patients, with features that address the unique needs of younger wearers:

- **Compliance indicators** — Small blue dots on the aligners fade with wear, helping parents and dentists confirm the aligners are being worn as directed.
- **Eruption tabs** — Built-in features that accommodate teeth that are still erupting (coming through), which is common in teenage patients.
- **Replacement aligners** — Invisalign Teen includes a number of replacement aligners in case any are lost or damaged — a practical concession to teenage life.

For Southbank families, Invisalign Teen offers a less disruptive orthodontic option for school-age children, without the social self-consciousness that metal braces can cause during already challenging adolescent years.

Parents often appreciate that Invisalign Teen allows their child to continue playing sports without the risk of a bracket-related lip laceration, participate in school photos without visible braces, and maintain their normal oral hygiene routine without the complexity of cleaning around brackets and wires.

If your teenager's orthodontic needs are complex, we can refer to specialist orthodontists at the Collins Street Specialist Centre for assessment and treatment.

How Long Does Invisalign Take?

Treatment duration varies based on the complexity of your case and how consistently you wear your aligners:

- **Minor cosmetic alignment** — 3 to 6 months, using Invisalign Express or Invisalign Lite (7 to 14 aligners). Ideal for patients with mild crowding, minor relapse after previous orthodontic treatment, or small cosmetic adjustments.
- **Moderate crowding or spacing** — 6 to 12 months (14 to 26 aligners). Covers the majority of adult orthodontic cases, including moderate crowding, spacing and mild bite issues.
- **Complex cases** — 12 to 24 months or more (26 to 50+ aligners), using Invisalign Comprehensive. For significant crowding, complex bite corrections and cases requiring substantial tooth movement.

Your dentist will give you an estimated timeline during your initial consultation, based on your specific treatment plan. Keep in mind that consistent wear (20–22 hours per day) is the single biggest factor in keeping treatment on schedule.

Some patients are surprised to learn that mild cosmetic cases can be resolved in as little as three to four months — a relatively short commitment for a permanent improvement in the alignment and appearance of your smile.

It's important to understand that the timeline your dentist provides is based on full compliance (20–22 hours per day of wear). Wearing aligners for significantly less than this can extend treatment time, sometimes substantially.

How Much Does Invisalign Cost?

The cost of Invisalign at Core Dental Southbank depends on the complexity and length of your treatment:

- **Invisalign Express** (minor cases, up to 7 aligners) — Lower cost, suitable for mild crowding or relapse after previous orthodontic treatment - **Invisalign Lite** (moderate cases, up to 14 aligners) — Mid-range cost, suitable for moderate alignment issues - **Invisalign Comprehensive** (complex cases, unlimited aligners) — Higher cost, suitable for significant orthodontic correction

Your dentist will provide a detailed, itemised quote during your consultation, including all aligners, refinements, retainers and progress check appointments.

Making Invisalign Affordable

- **Health fund rebates** — Many private health funds provide rebates for orthodontic treatment, including Invisalign. We process claims on-site via HICAPS, so your rebate is applied immediately.

- **Interest-free payment plans** — We offer interest-free payment plans through **Payright**, with plans from 3 to 30 months for treatments between \$1,000 and \$20,000. This allows you to spread the cost of your Invisalign treatment over time without paying any interest.

- **Preferred provider savings** — As preferred providers for **HCF, CBHS and NIB**, members of these funds may receive higher rebates and lower out-of-pocket costs.

Life with Invisalign: What Day-to-Day Looks Like

One of the most common questions we hear is: "What's it actually like wearing Invisalign every day?" Here's a realistic picture:

- **Morning routine** — Remove aligners, eat breakfast, brush and floss, reinsert aligners. The whole routine adds about two minutes to your morning. - **At work** — Aligners stay in. Drink water freely. If you want coffee, you can remove the aligners briefly, but many patients simply drink through a straw or accept that they'll remove and reinsert at coffee time. - **Lunch** — Remove aligners, eat whatever you like (no dietary restrictions), brush or at minimum rinse your mouth and your aligners, reinsert. - **Evening** — Same routine. Remove for dinner, clean, reinsert. - **Sleep** — Aligners stay in overnight. Most patients forget they're wearing them.

The adjustments are minor, and most patients settle into the routine within the first week. The trade-off — a few seconds of inserting and removing aligners throughout the day, in exchange for straight teeth without anyone knowing you're in treatment — is one most people are happy to make.

Caring for Your Invisalign Aligners

Proper care of your aligners keeps them clear, hygienic and effective:

- **Rinse aligners** every time you remove them
- **Clean aligners** daily with a soft toothbrush and clear, antibacterial soap or Invisalign cleaning crystals. Avoid toothpaste, which can be abrasive and cloud the plastic.
- **Don't eat or drink** (other than water) while wearing aligners — hot drinks can warp the plastic, and coloured drinks can stain it
- **Store aligners** in their case when not in use — not wrapped in a napkin at a restaurant (the number one way aligners get thrown away)
- **Brush and floss your teeth** before reinserting aligners after meals
- **Keep your previous set** of aligners as a backup in case your current set is lost or damaged

Frequently Asked Questions

Does Invisalign hurt?

You may feel some pressure or mild discomfort when you start a new set of aligners, particularly in the first day or two. This is a sign that the aligners are working — they're applying gentle force to move your teeth. Most patients find the discomfort mild and temporary, and it's generally less than the soreness associated with traditional braces adjustments.

Can I see what my results will look like before I start?

Yes. During your consultation, your dentist will use Invisalign's ClinCheck software to create a 3D simulation of your treatment, showing you how your teeth will move at each stage and what your final result is expected to look like. This is one of Invisalign's most popular features — you can see your future smile before committing to treatment, and your dentist can make adjustments to the plan based on your feedback.

Will Invisalign affect my speech?

Some patients notice a very slight lisp when they first start wearing aligners. This typically resolves within a day or two as your tongue adjusts to the presence of the aligners.

How often do I need to visit the dentist during treatment?

Typically every six to eight weeks for progress checks. These appointments are generally quick — your dentist will check your progress, provide your next sets of aligners, and make any necessary adjustments.

What if I lose or break an aligner?

Contact us as soon as possible. Depending on where you are in your treatment, your dentist may advise you to move to your next set of aligners or revert to your previous set while a replacement is ordered.

Can I play sports with Invisalign?

Yes. However, aligners are not a substitute for a sports mouthguard. If you play contact sports, remove your aligners and wear a custom-fitted mouthguard during play. We can provide custom mouthguards at Core Dental Southbank.

Is Invisalign covered by my health fund?

Many private health funds provide rebates for orthodontic treatment, including Invisalign. The amount of coverage depends on your fund and your level of cover. We recommend checking with your fund before starting treatment, and our reception team can help you understand your entitlements. As

preferred providers for HCF, CBHS and NIB, members of these funds may receive higher rebates.

What happens if I don't wear my aligners enough?

If you consistently wear your aligners for fewer than the recommended 20–22 hours per day, your teeth may not move as planned. This can lead to tracking issues, where the aligners no longer fit properly, potentially requiring additional refinement aligners and extending your treatment time. Compliance is genuinely the most important factor in Invisalign success.

Book Your Invisalign Consultation

Ready to explore Invisalign? Book a consultation at Core Dental Southbank and find out what clear aligners can do for your smile.

****Core Dental Southbank**** 55 City Road, Southbank VIC 3006

****Phone:**** (03) 8547 0780 ****National Bookings:**** 13 13 16 ****Email:**** southbank@coredental.com.au

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

Our dentists will assess your teeth, discuss your goals, and create a personalised treatment plan — including a 3D preview of your expected results and a clear breakdown of costs and payment options.