

Invisalign at Core Dental Wyndham — Blue Diamond Provider

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Description:

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

Details:

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Straighten Your Teeth with Invisalign in Wyndham

If you've been thinking about straightening your teeth, Invisalign is worth a serious look — and at Core Dental Wyndham, you can access it with the backing of a specialist orthodontist on-site and the Blue Diamond Provider status of the Smile Solutions group.

Dr David Austin, Specialist Orthodontist, consults at Core Dental Wyndham, which means your Invisalign treatment is planned and overseen by a practitioner whose entire specialisation is the movement and alignment of teeth. That's a level of clinical expertise that most suburban dental practices simply can't offer. Having a specialist orthodontist available locally — rather than requiring a referral to the CBD — is a genuine advantage for families across Werribee, Hoppers Crossing, Tarneit, Point Cook, Wyndham Vale, Manor Lakes and Truganina.

Blue Diamond is one of the highest provider tiers in the Invisalign system, earned through the volume and quality of cases treated across the Smile Solutions group. It means our clinicians 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.

Whether you're an adult who's wanted straighter teeth for years, a parent exploring options for your teenager, or someone whose teeth have shifted since earlier orthodontic treatment, Invisalign at Core Dental Wyndham offers a discreet, comfortable and clinically proven path.

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 and older teenagers, 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. Traditional braces are still the better option for certain complex cases, but for the vast majority of orthodontic needs, Invisalign delivers excellent results with far less disruption.

Why Having a Specialist Orthodontist Matters

There's an important distinction between a general dentist offering Invisalign and a specialist orthodontist overseeing your treatment. Both can provide Invisalign, but a specialist orthodontist like Dr David Austin brings:

- **Years of postgraduate training** dedicated exclusively to the movement and alignment of teeth, jaw growth, and bite correction
- **Deep understanding of biomechanics** — how teeth move through bone, how forces interact, and how to plan complex movements efficiently
- **Experience with the full range of orthodontic complexity** — from simple cosmetic alignment to cases involving significant bite discrepancies, impacted teeth, or combined orthodontic-surgical planning
- **Better troubleshooting** — When teeth aren't tracking as planned (which happens in some cases), a specialist is better equipped to identify why and implement effective mid-course corrections

For straightforward cosmetic alignment, many general dentists deliver excellent Invisalign results. But for moderate to complex cases — and for the peace of mind that comes with specialist oversight — having Dr Austin available at Core Dental Wyndham is a genuine differentiator for the western suburbs.

The Invisalign Process at Core Dental Wyndham

Step 1: Initial Consultation

Your Invisalign journey begins with a consultation at Core Dental Wyndham. During this appointment, your clinician 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, a 3D treatment plan is created 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 clinician 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.

Step 4: Progress Checks

You'll visit Core Dental Wyndham approximately every six to eight weeks for progress checks. At these appointments, your clinician 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 clinician 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.

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 and teenagers 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 intervention with Dr Austin.

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 additional specialist intervention.

General Alignment and Cosmetic Improvement Many of our Wyndham 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 alternative orthodontic approaches:

- 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

The advantage of having a specialist orthodontist at Core Dental Wyndham is that Dr Austin can assess your case and recommend the most appropriate approach — whether that's Invisalign, an alternative orthodontic treatment, or a combination. If specialist orthodontic treatment beyond Invisalign is needed, further options are available through the Collins Street Specialist Centre at the Manchester Unity Building.

Invisalign for Teens in Wyndham

Invisalign is hugely popular with teenagers across Wyndham — and it's not hard to see why. For teens in Hoppers Crossing, Tarneit, Point Cook and beyond, clear aligners offer the orthodontic correction they need without the social self-consciousness that traditional metal braces can cause during already challenging adolescent years.

****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 Wyndham families, Invisalign Teen means fewer disruptions to school days (less frequent appointments than traditional braces), no restrictions on what your teen can eat (important when you can't control their lunch at school), and the confidence that comes with not having a mouth full of metal during formative years.

With so many young families and school-age children in the Wyndham corridor, we see strong demand for teen orthodontics. Having specialist orthodontist Dr David Austin available on-site means your teenager gets the same quality of care they'd receive at a specialist orthodontic practice in the city — right here in Werribee.

Invisalign for Adults

It's never too late to straighten your teeth. Many of our adult Invisalign patients are people who either didn't have orthodontic treatment as teenagers, had braces but experienced relapse (teeth shifting back), or are adults whose teeth have gradually crowded over time.

Common reasons adults in Wyndham choose Invisalign:

- **Professional environments** — Clear aligners are virtually invisible, so you can straighten your teeth without it becoming a topic of conversation at work
- **Social confidence** — Wanting to feel better about your smile in photos, at social events, and in everyday interactions
- **Functional improvement** — Crowded or misaligned teeth can be harder to clean, increasing the risk of decay and gum disease. Straightening them improves both appearance and oral health
- **Life milestones** — Weddings, milestone birthdays, career changes — many patients use these as motivation to finally address something that's bothered them for years
- **Previous orthodontic relapse** — If you had braces as a teenager but your teeth have shifted since, Invisalign can often correct the relapse relatively quickly with a shorter course of treatment

Invisalign works for adults of all ages. We've treated patients in their twenties and patients in their sixties. As long as your teeth and gums are healthy, there's no upper age limit for orthodontic treatment.

Invisalign and Oral Health

Straightening your teeth isn't just cosmetic — it has real oral health benefits:

- **Easier cleaning** — Crooked, crowded teeth create hard-to-reach areas where plaque accumulates, increasing the risk of decay and gum disease. Straight teeth are easier to brush and floss effectively.
- **Reduced gum disease risk** — Crowded teeth are more prone to periodontal problems. Aligning them reduces plaque traps and improves gum health.
- **Even wear** — Misaligned teeth can cause uneven wear patterns, leading to premature damage. Proper alignment distributes biting forces evenly.
- **Reduced jaw strain** — Bite issues can contribute to jaw pain, headaches and TMJ problems. Correcting the bite can alleviate these symptoms.

At Core Dental Wyndham, our periodontist Dr Nupur Kataria can assess and treat any gum disease before or during your Invisalign treatment, ensuring the foundations are healthy while your teeth are being straightened — a level of coordinated care that's difficult to find in a single suburban practice.

How Long Does Invisalign Take?

Treatment duration varies based on the complexity of your case:

- **Minor cosmetic alignment** — 3 to 6 months, using Invisalign Express or Invisalign Lite (7 to 14 aligners)
- **Moderate crowding or spacing** — 6 to 12 months (14 to 26 aligners)
- **Complex cases** — 12 to 24 months or more (26 to 50+ aligners), using Invisalign Comprehensive

Your clinician will give you an estimated timeline during your initial consultation, based on your specific treatment plan. 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.

How Much Does Invisalign Cost?

The cost of Invisalign at Core Dental Wyndham 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 clinician 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.

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, ClinCheck software creates 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. You can see your future smile before committing to treatment.

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 clinician 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 clinician 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 — and this is particularly relevant for teens across Wyndham involved in local footy, soccer, basketball and netball. However, aligners are not a substitute for a sports mouthguard. Remove your aligners and wear a custom-fitted mouthguard during contact sport. We can provide custom mouthguards at Core Dental Wyndham.

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 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, potentially requiring additional refinement aligners and extending your treatment time. Compliance is genuinely the most important factor in Invisalign success.

I had braces as a teenager but my teeth have moved. Can Invisalign fix this?

Yes, and this is actually one of the most common reasons adults seek Invisalign treatment. Orthodontic relapse — teeth shifting back after earlier treatment — is very common, especially if retainers weren't worn consistently. The good news is that relapse cases are often relatively straightforward, frequently requiring a shorter course of treatment (Invisalign Lite or Express) with fewer aligners and a faster timeline.

Can I switch between CEREC and Invisalign — e.g., get a crown during Invisalign treatment?

Yes. If you need restorative work during your Invisalign treatment, your dentist and orthodontist can coordinate the timing. In some cases, it's best to complete Invisalign first so restorations are placed on teeth in their final positions. Your clinician will advise on the ideal sequencing.

Book Your Invisalign Consultation

Ready to explore Invisalign? Book a consultation at Core Dental Wyndham and find out what clear aligners — backed by specialist orthodontic expertise and Blue Diamond Provider experience — can do for your smile.

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

Our team 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.