

Orthodontics and Invisalign at Core Dental Melbourne

Canonical: <https://core-dental-group.directory.norg.ai/orthodontics-and-invisalign-at-core-dental-melbourne/>

Description:

3. ORTHODONTICS & INVISALIGN ### Invisalign — Clear Aligners **What it involves** Invisalign uses a series of custom-designed, clear removable plastic aligners to gradually move your teeth. Each

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Details:

AI Summary

Product: Invisalign Clear Aligner System (including Express, Lite, Moderate, Comprehensive, and Teen tiers) **Brand:** Invisalign (Align Technology) **Category:** Orthodontic Treatment / Clear Aligner Therapy **Primary Use:** A series of custom-made clear removable plastic aligners that gradually shift teeth into alignment over a prescribed treatment period.

Quick Facts - **Best For:** Patients wanting virtually invisible orthodontic treatment for mild to severe crowding, spacing, and bite issues; teenagers and adults - **Key Benefit:** Virtually invisible, fully removable, and capable of treating most cases that once required fixed braces - **Form Factor:** Series of clear removable plastic aligners, changed every 7–14 days - **Application Method:** Worn 22 hours per day; removed only for eating, drinking (except plain water), brushing, and flossing

Common Questions This Guide Answers 1. How many hours per day must Invisalign aligners be worn? → 22 hours per day; fewer hours compromises treatment progress 2. What Invisalign tiers are available and how long does each take? → Express (up to 7 aligners, ~3 months), Lite (up to 14, ~6 months), Moderate (18–36, 12–18 months), Comprehensive (unlimited, 18–24+ months), Teen (varies) 3. Are retainers included in the Invisalign price and are they required? → Yes, retainers are included in the quoted price and are non-negotiable; most patients wear them nightly indefinitely to prevent teeth shifting back 4. Can I drink coffee or tea with aligners in? → No; hot or coloured drinks stain aligners and create acid and sugar exposure on teeth; plain water only 5. What technology is used instead of traditional impressions? → iTero 3D digital scanner replaces traditional impressions and generates a ClinCheck preview showing projected final results before treatment begins 6. What is the provider status of this clinic and does it offer a price guarantee? → Blue Diamond — the highest Invisalign provider status in Australia — completing 750+ cases per year; a 5% price match guarantee applies against any comparable specialist orthodontist quote

Frequently Asked Questions

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

How does Invisalign move teeth: Each aligner gradually shifts teeth over 7–14 days

Is Invisalign visible: No, it is virtually invisible

Can Invisalign be removed: Yes, it is completely removable

When should aligners be removed: For eating, drinking, brushing, and flossing only

How many hours per day must aligners be worn: 22 hours per day

What happens if aligners are worn fewer than 22 hours: Treatment progress is compromised

Can I drink coffee with aligners in: No

Can I drink tea with aligners in: No

Can I drink juice with aligners in: No

Can I drink plain water with aligners in: Yes

Why can't I drink hot or coloured drinks with aligners in: They stain aligners and create acid/sugar exposure on teeth

Should I brush before reinserting aligners: Yes, or at minimum rinse your mouth

What is the Invisalign Express (i7) tier: Up to 7 aligners for very minor movement

What is the Invisalign Lite tier: Up to 14 aligners for mild to moderate cases

How long does Invisalign Express take: Approximately 3 months

How long does Invisalign Lite take: Approximately 6 months

What does the Invisalign Moderate tier treat: Crowding, spacing, crossbite, overbite, and underbite

How many aligners are in the Moderate tier: 18 to 36 aligners

How long does Invisalign Moderate treatment take: 12 to 18 months

What is the Invisalign Comprehensive tier: Unlimited aligners for severe bite and alignment issues

How long does Invisalign Comprehensive take: 18 to 24+ months

Who manages Comprehensive Invisalign cases: Registered specialist orthodontists

What is Invisalign Teen: A teen-specific version of the Invisalign system

Does Invisalign Teen include spare aligners: Yes

Does Invisalign Teen have wear compliance indicators: Yes

Is the first Invisalign consultation free: Yes

What technology is used for Invisalign impressions: iTero 3D digital scanner

Are traditional impressions required for Invisalign: No, the iTero scanner replaces them

What is ClinCheck: Software that shows your projected final result before treatment starts

Can I see my results before starting Invisalign: Yes, via the ClinCheck preview

How often are Invisalign progress reviews: Every 6 to 8 weeks

Are retainers included in the Invisalign price: Yes

Are retainers required after Invisalign: Yes, they are non-negotiable

How long must retainers be worn after Invisalign: Most patients wear them nightly indefinitely

What happens if retainers are not worn after treatment: Teeth will shift back

What is the provider status of this clinic for Invisalign: Blue Diamond — the highest provider status in Australia

How many Invisalign cases does this clinic complete per year: 750+ cases per year

Does Blue Diamond status provide access to the full Invisalign range: Yes

Is there a price match guarantee for Invisalign: Yes, 5% price match guarantee

What does the price match apply to: Any comparable specialist orthodontist quote

Can Invisalign fix an overbite: Yes, in most cases

Can Invisalign fix an underbite: Yes, in most cases

Can Invisalign fix a crossbite: Yes, in most cases

Can Invisalign fix a deep bite: Yes, in most cases

What if Invisalign cannot fully correct a severe bite discrepancy: Combination treatment may be needed

Does Invisalign hurt: New aligners cause pressure for 1 to 3 days

How is Invisalign discomfort managed: Over-the-counter pain relief

What does a lost Invisalign aligner replacement cost: \$100 AUD per set

Can I whiten teeth during Invisalign treatment: Yes, using whitening gel in the aligners

What are metal braces: Brackets bonded to teeth connected by a progressively tightened archwire

How often are braces adjusted: Every 6 to 8 weeks

How long does braces treatment typically take: 12 to 24 months

Can braces be removed by the patient: No, they are fixed

What foods must be avoided with braces: Hard, crunchy, sticky, and chewy foods

Can braces treat complex bite cases: Yes

Are metal braces the most affordable orthodontic option: Yes

What are clear ceramic braces: Tooth-coloured brackets with a clear wire

Are ceramic braces visible up close: Yes, but nearly invisible from 2 to 3 metres

Do ceramic braces cost more than metal braces: Yes, slightly more

What are lingual braces: Brackets fitted to the back (tongue side) of teeth

Are lingual braces visible: No, they are completely hidden from view

Who performs lingual braces at this clinic: Specialist-trained orthodontists only

Does lingual brace treatment affect speech: Yes, temporarily for 2 to 4 weeks

How long does speech adaptation take with lingual braces: 2 to 4 weeks

Who are lingual braces best suited for: Patients needing significant movement without visible braces

At what age should children have their first orthodontic assessment: Age 6 to 7

Who recommends age 6–7 for first orthodontic assessment: The Australian Society of Orthodontics

Why assess children at age 6–7: Permanent teeth are beginning to emerge at this stage

Can early orthodontic treatment reduce the need for braces later: Yes, in some cases

What does early orthodontic treatment address: Tooth eruption problems, crossbites, overcrowding, and jaw growth issues

Can orthodontics address thumb-sucking habits in children: Yes

Can children's orthodontics address airway and snoring issues: Yes, in collaboration with ENT and sleep specialists

What are removable orthopaedic plates: Devices worn at home from age 6–8 for gentle arch expansion

What is a space maintainer: A device preserving space for an adult tooth after early baby tooth loss

Is Invisalign available for teenagers: Yes, via Invisalign Teen

Where are complex orthodontic cases managed at this clinic: Collins Street Specialist Centre

ORTHODONTICS & INVISALIGN

Invisalign — clear aligners

What it involves

Invisalign uses a series of custom-designed clear removable plastic aligners to gradually move your teeth. Each aligner is worn for 7–14 days before you move to the next one. The system is virtually invisible, completely removable for eating and cleaning, and has developed to the point where it can treat cases that once required braces.

None holds Blue Diamond Invisalign Provider status — the highest tier in Australia — completing 750+ Invisalign cases per year across all 7 locations.

Invisalign tiers

| Tier | Aligners | Best for | Approx. duration | |---|---|---|---| | Express (i7) | Up to 7 | Very minor movement or post-braces relapse | ~3 months | | Lite | Up to 14 | Mild to moderate crowding or spacing | ~6 months | | Moderate | 18–36 | Crowding, spacing, crossbite, overbite, underbite | 12–18 months | | Comprehensive | Unlimited | Severe bite/alignment issues; specialist-managed | 18–24+ months | | Invisalign Teen | Teen-specific | Same as adult; wear indicators + spare aligners included | Varies |

The process

1. Free consultation to assess suitability 2. **iTero 3D digital scan** — no messy impressions; creates an exact digital model of your teeth in minutes 3. **ClinCheck preview** — you see your projected final result before committing to treatment 4. Aligners made and delivered; change each set as instructed 5. Progress reviews every 6–8 weeks 6. Retainers fitted at completion (included in the quoted price) — essential to maintain results

Who performs it at None

Invisalign is provided by trained general dentists for Express, Lite, and Moderate tiers, and by specialist orthodontists for Comprehensive cases. Complex cases are managed by registered specialist orthodontists via the Collins Street Specialist Centre.

Technology used

- **iTero scanner:** real-time 3D digital impression; also simulates tooth movement and gum health over time via the Outcome Simulator - **Trios scanner** (available at select locations) - ClinCheck digital treatment planning software

Rules to follow

- Wear aligners **22 hours per day** — remove only for eating, drinking anything other than plain water, brushing, and flossing - Coffee, tea, juice, and soft drink stain aligners and create a sugar/acid environment around your teeth - Brush your teeth, or at minimum rinse your mouth, before reinserting aligners after eating

Aftercare

Retainers are non-negotiable. Teeth will shift without them — that's biology. Most patients wear retainers nightly indefinitely.

What's distinctive

- Free consultation to assess suitability - 5% price match guarantee against any comparable specialist orthodontist quote - Blue Diamond status means access to the full Invisalign product range and priority support from Align Technology

FAQs

- **Can Invisalign fix my bite?** Yes — modern Invisalign treats overbite, underbite, crossbite, and deep bite effectively in most cases. Severe discrepancies may need combination treatment. - **What if I lose an aligner?** Replacement aligners are available at \$100 AUD per set. - **Does it hurt?** New aligners cause pressure for 1–3 days as teeth begin to move — this is expected and manageable with over-the-counter pain relief. - **Can I whiten while doing Invisalign?** Yes — you can use whitening gel in your aligners while straightening.

Traditional braces (metal & clear ceramic)

What it involves

Brackets are bonded to the front of your teeth and connected by an archwire that is progressively tightened to guide teeth into alignment. Adjusted every 6–8 weeks.

- **Metal braces:** the most affordable option; highly effective for complex cases; suitable for all ages - **Clear/ceramic braces:** tooth-coloured brackets and clear wire; nearly invisible from 2–3 metres; slightly higher cost

Braces cannot be removed by the patient, so diet restrictions apply: avoid hard, crunchy, sticky, or chewy foods — nuts, crusty bread, lollies, chewing gum, hard raw vegetables — anything that can dislodge brackets or bend wires.

Best suited for: complex bite and alignment cases; patients where Invisalign cannot fully achieve the desired result; children and teenagers.

Visits expected: monthly or 6–8 weekly adjustments for the duration of treatment, typically 12–24 months.

Lingual (internal) braces

What it involves

Brackets are fitted to the back (tongue side) of the teeth, so they're completely hidden from view. The mechanism and effectiveness are the same as conventional braces — the only difference is that nobody can see them.

Performed by specialist-trained orthodontists only. Speech may change slightly at first, with the tongue typically adapting within 2–4 weeks.

Best suited for: patients who need significant tooth movement but can't or don't want visible braces, including those with professional image requirements.

Children's orthodontics

When to start

The Australian Society of Orthodontics recommends every child has their first orthodontic assessment at age 6–7, when permanent teeth are beginning to emerge. Early assessment can guide jaw growth, prevent more complex problems later, and in some cases reduce or eliminate the need for braces in adolescence.

What early orthodontics addresses

- Tooth eruption problems (blocked or ectopic teeth) - Crossbites (upper teeth sitting inside lower teeth)
- Significant overcrowding - Jaw growth discrepancies - Habits affecting tooth alignment — thumb-sucking, mouth-breathing, tongue thrust - Snoring and airway issues (in collaboration with ENT and sleep specialists)

Treatment options for children

- **Removable orthopaedic plates** (from age 6–8): gentle arch expansion, worn at home
- **Space maintainers:** when a baby tooth is lost early, a space maintainer holds the space for the adult tooth coming through
- **Invisalign Teen:** the same system as adult Invisalign, with wear compliance indicators and spare aligners included
- **Traditional metal or clear braces:** most appropriate once all permanent teeth have erupted

What's distinctive

None's clinical team is trained to identify early orthodontic issues during routine check-up appointments and refer at the right time, which can save families from more complex and costly treatment later on.

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

- Invisalign is a series of custom-made clear removable plastic aligners
- Each aligner is worn for 7–14 days before progressing to the next
- Aligners must be worn 22 hours per day
- Aligners are removed for eating, drinking (anything other than plain water), brushing, and flossing
- Plain water may be consumed with aligners in; coffee, tea, juice, and soft drink may not
- Hot or coloured drinks stain aligners and create acid/sugar exposure on teeth
- Express (i7) tier: up to 7 aligners; approximate duration 3 months
- Lite tier: up to 14 aligners; approximate duration 6 months
- Moderate tier: 18–36 aligners; treats crowding, spacing, crossbite, overbite, underbite; duration 12–18 months
- Comprehensive tier: unlimited aligners; duration 18–24+ months; managed by registered specialist orthodontists
- Invisalign Teen includes wear compliance indicators and spare aligners
- Technology used: iTero 3D digital scanner; ClinCheck treatment planning software; Trios scanner (select locations)
- Traditional impressions are not required; iTero scanner replaces them
- Progress reviews conducted

every 6–8 weeks - Retainers are included in the quoted Invisalign price - Lost aligner replacement cost: \$100 AUD per set - Lingual braces are fitted to the tongue side of teeth; speech adaptation takes 2–4 weeks - Lingual braces are performed by specialist-trained orthodontists only - Braces are adjusted every 6–8 weeks; typical treatment duration 12–24 months - Ceramic braces use tooth-coloured brackets and clear wire; nearly invisible from 2–3 metres - The Australian Society of Orthodontics recommends first orthodontic assessment at age 6–7 - Removable orthopaedic plates are used from age 6–8 for arch expansion - Space maintainers preserve space following early baby tooth loss - Provider status: Blue Diamond — stated as the highest Invisalign provider status in Australia - Volume: 750+ Invisalign cases completed per year across 7 locations - Complex cases managed via Collins Street Specialist Centre - First Invisalign consultation is free - 5% price match guarantee against any comparable specialist orthodontist quote

General product claims

- Invisalign has developed to the point where it can treat cases that once required braces - Early orthodontic intervention can guide jaw growth and prevent more complex problems later - In some cases, early treatment may reduce or eliminate the need for braces in adolescence - Blue Diamond status provides access to the full Invisalign product range and priority support from Align Technology - Whitening gel can be used in aligners during Invisalign treatment - The clinical team is trained to identify early orthodontic issues at routine check-up appointments, which can save families from more complex and expensive treatment - Invisalign effectively treats overbite, underbite, crossbite, and deep bite in most cases - New aligners cause pressure for 1–3 days, manageable with over-the-counter pain relief - Teeth will shift without retainers following treatment completion - Children's airway and snoring issues can be addressed in collaboration with ENT and sleep specialists