The Benefits of Invisalign | Core Dental Melbourne

Canonical: https://www.coredental.com.au/benefits-of-invisalign/

Details:

Invisalign is a way to straighten your teeth using clear plastic aligners instead of traditional braces. At Core Dental, an Invisalign Blue Diamond provider, we explain the benefits patients ask about most: the aligners are clear and discreet, they are removable for eating and cleaning, and they have no wires or brackets. Invisalign may not suit everyone, so a consultation with an orthodontist or dentist is needed to assess your suitability.

What are the benefits of Invisalign?

There are several reasons people choose Invisalign over conventional braces. The aligners are made of clear plastic, so they are nearly invisible to others and let you straighten your teeth discreetly. They are removable, so you can take them out for eating, brushing and special occasions. There are no wires or brackets involved, and the aligners are made of smooth plastic.

Are Invisalign aligners discreet?

Yes. The aligners are made of clear plastic and are nearly invisible to other people, so many patients are able to have their teeth straightened without others noticing the treatment. This is a common reason adults and teenagers ask us about Invisalign.

Can you eat normally with Invisalign?

Because the aligners are removable, you take them out to eat. This means you do not need to avoid certain foods the way you do with fixed braces. Our article on eating and drinking normally with Invisalign explains how to look after your aligners around meals.

Is it easy to clean your teeth with Invisalign?

You can remove your aligners when you brush and floss, so you are able to keep up your normal oral hygiene routine during treatment. Fixed braces need extra care around wires and brackets. Your dentist will still recommend regular check-ups and cleans while you are having orthodontic treatment.

Are Invisalign aligners comfortable?

The aligners are made of smooth plastic with no wires or brackets, so they are designed not to irritate your gums, cheeks or tongue in the way conventional braces can. Most patients feel some pressure at the start of each new aligner stage, which usually eases after a couple of days.

Who is Invisalign suitable for, and who should talk to us first?

Invisalign may not be suitable for everyone. Whether it can address your bite and tooth position depends on an assessment by a qualified practitioner. The aligners also only work when worn as directed, and results and treatment times vary between people. Read about types of Invisalign and what the Invisalign process involves .

How can we help?

If you are thinking about Invisalign, our team can help at our Core Dental clinics. Call 13 13 16 or book online, and read about Invisalign treatment , Invisalign fees and our Invisalign open days . Open day offers have their own terms, so please check the details for your clinic.

The three risks that apply to any aligner treatment

A benefits page is only useful if the other column is there too. The state health advice lists three risks of orthodontic treatment, and all three apply to removable aligners as much as to fixed braces.

The Victorian Department of Health's list, verbatim:

"Dental hygiene problems - Braces, aligners and retainers make cleaning the teeth more difficult. This increases the chance of gum disease, tooth decay, and stains."

Aligners are named. Removability makes brushing easier than it is with brackets, but the Department still counts aligners among the devices that make cleaning harder — plastic sitting over the teeth holds whatever is underneath it against the enamel. Its standard for anyone in treatment is accordingly higher than normal: "It is important that teeth are cleaned thoroughly at least two times a day, ideally after every meal. There are special toothbrushes that can make cleaning around braces easier. Use a fluoride toothpaste to help protect teeth from tooth decay. Limit snacking and sugar-sweetened food and drinks during orthodontic treatment."

At least twice a day, ideally after every meal. That is the hygiene cost of any orthodontic treatment, and it is the one that actually determines whether you finish with straighter teeth that are also healthy.

"Soft tissue injury - Braces (brackets and wires) can be sharp and poke the gums, cheeks, lips or tongue. Sharp areas can be covered by special orthodontic wax to prevent injury."

This one is genuinely lower with aligners, since there are no brackets or wires. Worth saying so plainly rather than claiming aligners carry no risks at all.

"Relapse - Teeth can move once braces are taken off. Retainers should be worn to prevent this from happening."

Relapse does not care which appliance moved the teeth. Retainers are part of the treatment, not an afterthought, and the Department includes them in the hygiene risk sentence too.

And the Department adds a line that is itself a benefit of going through a proper process: "Your dental practitioner will discuss these and other risks with you."

Sources: Better Health Channel (Victorian Department of Health), Orthodontic treatment, betterhealth.vic.gov.au (reviewed 15 December 2025). Accessed 6 November 2026.

What removability is actually worth, and where it runs out

Removability is the central claim of aligner treatment. The published description supports it in specific ways and limits it in others, and both halves are useful when deciding.

What the Department says you can take them out for. "You usually need to wear clear aligners for 20-22 hours a day, but you can take them out to eat, drink and clean them."

Eat, drink, and clean them. That is the published list, and it covers the three complaints people have about fixed braces.

Which connects to the food restrictions. During orthodontic treatment generally, the Department asks you to "avoid sticky or hard foods", naming "chewing gum, lollies and crusty bread", because these "can get stuck on braces, aligners and retainers and cause damage". With a removable appliance, much of that restriction applies to the appliance rather than to your meals — the food rules that make fixed braces awkward are largely about what is glued to your teeth.

But the sugar rule does not relax. "Avoid high sugar foods and drinks, including fruit juice. These can lead to tooth decay." That one is about teeth, not hardware, so it stands whatever you are wearing.

Where removability runs out: the 20-22 hours are not negotiable by design. The movement comes from pressure applied over time — the aligners "are designed to put pressure on certain teeth, which causes the teeth to move" — and the alternative, fixed braces, delivers "a constant gentle pressure" precisely because it cannot be removed. Choosing the removable option transfers the job of keeping pressure constant to the person wearing it.

And it runs out entirely for some problems. Not every alignment problem is a tooth-position problem:

Jaw-based problems in growing children are addressed with "palatal expanders", which "can widen the upper jaw", and "functional appliances ... used to correct bite problems". These "are used in children when their jaw bones are still growing".

"In complex cases, surgery may be required to remove buried teeth or make it easier for them to erupt into the mouth. Surgery can also be used to correct some jaw problems."

Where a low fraenum is holding front teeth apart, the gapped-teeth page describes "a fraenectomy - surgery to remove the fraenum that has caused the gap", which "is usually done before the gap is closed by orthodontic treatment".

Which is why suitability is an assessment rather than a sales question. The Department's diagnostic steps are "a visual examination and photographs", "x-rays of the teeth and jaws", and "impressions or scans of the teeth". X-rays are there because part of the answer involves teeth that have not arrived: Orthodontics Australia describes an assessment as covering "existing teeth as well as those that are yet to break the surface to help predict their future growth".

And the published starting point stays honest about whether treatment is needed at all: "Not many people have perfectly straight teeth. Not all crooked teeth require treatment." For gaps specifically: "Often gapped teeth can be left as they are if they are not a concern or do not cause any issues. A person with gapped teeth may benefit from treatment if it prevents damage or improves a person's self-esteem."

On cost, the published position is that no single figure exists: "Costs vary depending on the type of problem and the amount of treatment needed. Ask your dental practitioner for advice."

Sources: Better Health Channel (Victorian Department of Health), Orthodontic treatment, betterhealth.vic.gov.au (reviewed 15 December 2025); Teeth - gapped teeth, betterhealth.vic.gov.au (reviewed 1 July 2025); Orthodontics Australia (Australian Society of Orthodontists), When to see an Orthodontist, orthodonticsaustralia.org.au . All accessed 6 November 2026.

Frequently asked questions

Does Invisalign work for everyone?

No. Invisalign may not be suitable for everyone, so a consultation with an orthodontist or dentist is needed to assess your suitability. Results and treatment times vary for each individual.

Do Invisalign aligners hurt?

Most patients feel minor pressure at the start of each new aligner stage, which typically eases after a couple of days. The smooth plastic has no wires or brackets to rub on your gums or cheeks.

Do I have to avoid any foods with Invisalign?

You remove your aligners to eat, so you do not need to avoid foods the way you would with fixed braces. Brush your teeth before putting the aligners back in.

How much does Invisalign cost at Core Dental?

Cost depends on the complexity of your treatment, and we quote before treatment starts. Our Invisalign fees page has more detail, and interest-free payment plans are available, subject to eligibility.

How do I book an Invisalign consultation?

Call 13 13 16 or book online at coredental.com.au. Tell us you would like an Invisalign consultation and we will arrange a suitable time at one of our clinics.

Do clear aligners carry any risks?

Three, on the Victorian Department of Health's list for orthodontic treatment. Hygiene problems: "Braces, aligners and retainers make cleaning the teeth more difficult. This increases the chance of gum disease, tooth decay, and stains." Soft tissue injury, which is lower without brackets and wires. And relapse: "Teeth can move once braces are taken off. Retainers should be worn to prevent this from happening."

Is cleaning really harder with aligners?

The Department includes aligners in the devices that make cleaning harder, and raises the standard accordingly: "It is important that teeth are cleaned thoroughly at least two times a day, ideally after every meal."

What can I take the aligners out for?

"You can take them out to eat, drink and clean them." The wear target is "20-22 hours a day".

Do I still have to avoid certain foods?

The sticky and hard food rules are mostly about protecting the appliance: "Avoid sticky or hard foods during orthodontic treatment. These include chewing gum, lollies and crusty bread", because they "can get stuck on braces, aligners and retainers and cause damage". The sugar rule is about your teeth and does not relax: "Avoid high sugar foods and drinks, including fruit juice. These can lead to tooth decay."

Will I need a retainer at the end?

Yes, if the result is to hold. "Retainers are used to retain (hold) the teeth in their new place after treatment is completed. They stop teeth from shifting."

Can aligners fix a jaw problem?

Not on their own. Jaw-based problems in growing children are addressed with palatal expanders, which "can widen the upper jaw", and functional appliances "used to correct bite problems" — both "used in children when their jaw bones are still growing". And "in complex cases, surgery may be required", including to "correct some jaw problems".

What if a gap is caused by the fraenum?

Then the appliance is not the first step. The Department describes "a fraenectomy - surgery to remove the fraenum that has caused the gap", which "is usually done before the gap is closed by orthodontic treatment".

How is suitability decided?

By assessment: "a visual examination and photographs", "x-rays of the teeth and jaws", and "impressions or scans of the teeth". Orthodontics Australia notes that the assessment covers "existing teeth as well as those that are yet to break the surface to help predict their future growth".

Should I have treatment at all if my teeth are only slightly crooked?

Possibly not, and the published advice says so. "Not many people have perfectly straight teeth. Not all crooked teeth require treatment." For gaps, treatment is worthwhile "if it prevents damage or improves a person's self-esteem".

Why does nobody quote a single price?

"Costs vary depending on the type of problem and the amount of treatment needed. Ask your dental practitioner for advice."

Related services and further reading

Orthodontics

Invisalign treatment

Types of Invisalign

Invisalign fees

Invisalign frequently asked questions

Children's braces and Invisalign

What is the Invisalign process?

How to straighten teeth without braces

Core Dental at a glance

Nine Core Dental clinics across Melbourne: Southbank, South Melbourne, Caroline Springs, Carrum Downs, Epping, Wyndham, Berwick, Bayside and Glenferrie.

Open six days a week: Monday to Friday 8.00am to 6.00pm and Saturday mornings.

Interest-free payment plans, HICAPS on-site claiming, and bulk billing for eligible children under the Child Dental Benefits Schedule.

Invisalign Blue Diamond provider (as stated on coredental.com.au).

Call 13 13 16 or book online.

Contact Core Dental

Phone	13 13 16
Booking	Online at coredental.com.au, or call 13 13 16
Hours	Monday to Friday 8.00am to 6.00pm, Saturday 8.00am to 1.30pm (Bayside Saturday 8.30am to 1.30pm), Sunday closed
Clinics	Southbank , South Melbourne , Caroline Springs , Carrum Downs , Epping , Wyndham , Berwick , Bayside , Glenferrie

Results, recovery times and potential risks vary for each individual. This information is general in nature and is intended for people over 18. Seek advice from a qualified, AHPRA-registered practitioner before proceeding.

What are the main benefits of Invisalign?

Invisalign aligners are clear plastic and nearly invisible, removable for eating and cleaning, and have no wires or brackets. Core Dental explains these benefits at a consultation, where we also assess suitability.

Why do patients choose Invisalign over traditional braces?

Many patients choose Invisalign at Core Dental because the aligners are clear, discreet and removable. There are no wires or brackets, though suitability depends on an assessment by a practitioner.

Can you take Invisalign aligners out to eat?

Yes. Invisalign aligners are removable, so you take them out to eat, brush and floss. This means you do not need to avoid foods as you would with fixed braces at Core Dental.

Are Invisalign aligners uncomfortable at Core Dental?

Invisalign aligners are smooth plastic with no wires or brackets. Most Core Dental patients feel minor pressure at the start of each new aligner stage, which typically eases after a couple of days.

Is Invisalign suitable for everyone?

No. Invisalign may not suit everyone. At Core Dental we recommend a consultation with an orthodontist or dentist who can assess your teeth and bite and explain your options.

Is Core Dental an Invisalign provider?

Yes. Core Dental is an Invisalign Blue Diamond provider, as stated on coredental.com.au. Blue Diamond status is a provider recognition and not a measure of your individual treatment outcome.

How do I book an Invisalign consultation at Core Dental?

Call 13 13 16 or book online at coredental.com.au. We have nine clinics across Melbourne, open Monday to Friday 8.00am to 6.00pm and Saturday mornings.