Children's Braces and Invisalign in Melbourne | Core Dental

Canonical: https://www.coredental.com.au/orthodontics/childrens-braces-and-invisalign/

Details:

Children's braces and Invisalign are orthodontic treatments that guide the alignment of a child's teeth and jaws while they are growing. Orthodontics Australia, the public information service of the Australian Society of Orthodontists, recommends a first assessment by a registered specialist orthodontist between the ages of 7 and 10 years old. At Core Dental our specialist orthodontists and paediatric dentists see children at selected practices across Melbourne. Early treatment may be considered at age 9 to 10 for functional problems that threaten tooth health. Suitability depends on an examination, and results vary for each child.

At what age should a child have a first orthodontic assessment?

Orthodontics Australia, the public information service of the Australian Society of Orthodontists, recommends that children visit a registered specialist orthodontist for an assessment "between the ages of 7–10 years old", and gives the same range when answering when a first orthodontic evaluation should happen.

The reason for that window is what is visible in the mouth at the time. At that stage a child will "have a mix of adult and baby teeth", which the society notes "can help the orthodontist determine if there are any developing problems such as misalignment of the jaws, crowding, or overbites". The assessment "will cover existing teeth as well as those that are yet to break the surface to help predict their future growth."

Source: Orthodontics Australia, When to see an Orthodontist, orthodonticsaustralia.org.au (accessed 3 November 2026). The page states it is medically reviewed by the Australian Society of Orthodontists. An early assessment does not mean a child will need braces. It means a specialist can monitor growth and advise on the right time to act.

When might early intervention be considered?

For children aged 9 to 10, early intervention orthodontic treatment may be considered to address functional problems that immediately threaten tooth health. A proactive approach in early childhood can often remove or simplify the later need for orthodontic treatment. Your orthodontist will explain whether treatment now or monitoring suits your child.

Which conditions can early orthodontic care address?

Common conditions treated in early childhood include:

problems with tooth eruption

cross-bites

severe overcrowding

jaw growth problems

snoring

thumb sucking

What are space maintainers?

When a baby (primary) tooth is lost early, usually because of decay, neighbouring teeth can drift into the space and leave too little room for the developing permanent teeth to align. Our specialist paediatric dentists and specialist orthodontists advise whether a space-maintaining device is needed. Space maintainers can be fixed or removable, depending on the individual case.

How can early treatment help with dental crowding?

If crowding is noticed in a young child, removable orthopaedic plates can be used from the age of six to eight years. Orthodontic braces may follow, to expand the arches or maintain premolar spaces and avoid the need for later extractions. Early intervention is usually done with simple removable appliances, but treatment is often continued until all of the permanent teeth have erupted. Fixed braces are then used to complete the alignment.

Can orthodontics help with snoring and low tongue position?

Childhood snoring can be a sign of partial airway obstruction and may affect a child's daytime mood, learning and facial development. Occasionally the cause is a narrow upper jaw, and early expansion may help to improve nasal airflow and restore normal sleeping patterns. We work with ear, nose and throat (ENT) specialists and a children's sleep specialist to provide orthodontic care for children with snoring problems. Snoring should always be checked by a doctor.

How are jaw growth problems managed in children?

In some children, an imbalance in growth between the top and bottom jaws (the maxilla and the mandible) makes it impossible to bite correctly. This is often inherited. To compensate, expansion of either jaw and encouraging forward growth can be useful, and recent studies indicate that early intervention at age six to eight can be advantageous. Our specialist orthodontists work with oral and maxillofacial surgeons for children with jaw problems who may also need orthognathic surgery.

What braces and Invisalign options do we offer children?

Options depend on a child's age, teeth and jaws. They include removable appliances in early childhood, fixed braces to complete alignment, and Invisalign clear aligners for suitable teens. Invisalign Teen aligners can include compliance indicators and replacement aligners. We are recognised as an Invisalign Blue Diamond provider. Your orthodontist will explain which option suits your child. See our pages on orthodontic braces and Invisalign treatment .

What are the risks and limits of orthodontic treatment for children?

Orthodontic treatment takes time, and results depend on how well a child follows instructions, such as wearing appliances or aligners as directed. Braces and appliances make cleaning harder, so brushing, cleaning between teeth and regular check-ups matter to protect against decay. Teeth can move back after treatment unless retainers are worn as advised. Some children may need a second phase of treatment. Your orthodontist will explain the material risks before you decide.

How much do children's braces and Invisalign cost, and how can you pay?

Fees depend on the diagnosis, the materials, the number of visits and the practitioner, so we give you a written treatment plan and quote before treatment starts. We offer interest-free payment plans through Payright for amounts up to $20,000, over 3 to 30 months with fortnightly repayments, subject to eligibility and approval. TLC personal loans are also available, with amounts from $2,001 to $50,000 over up to 84 months and the rate set by a credit assessment. HICAPS claiming is available on-site, and any rebate depends on your own health fund cover. Finance terms are as published in September 2026 and should be confirmed with our team before you commit. You can read more on our dental payment plans page.

Our practices bulk bill eligible children under the Child Dental Benefits Schedule for covered dental services, and our Invisalign fees page explains Invisalign pricing.

Where can your child have orthodontic care at Core Dental?

Our specialist orthodontist attends our Caroline Springs and Epping practices, and our specialist paediatric dentists attend Berwick , Caroline Springs , Carrum Downs and Epping . Specialist availability is limited and can change, so please confirm the next available session when you book on 13 13 16.

Who provides children's orthodontic care at Core Dental?

Dr David Austin, Specialist Orthodontist (BDSc Melb, MDS Orth HK, MOrth RCS Edin), is listed at our Caroline Springs, Epping and South Melbourne practices. Our specialist paediatric dentists include Dr Angel Babu (listed at Caroline Springs and Carrum Downs), Dr Sarah Scott (Berwick) and Dr Aish Kesava (Epping). Read more about Dr David Austin , Dr Angel Babu and Dr Sarah Scott . You can check any practitioner's registration on the AHPRA register at ahpra.gov.au.

What should you do before you book?

A useful first step is to explain your concern, symptoms, timing and goals when you call or book. Bring relevant medical information and a current list of your medicines. Your practitioner can then assess your teeth, gums, bite and surrounding tissues, request imaging when clinically appropriate, and explain which options suit you.

Ask what the recommended approach is intended to achieve, whether there are reasonable alternatives, what preparation and aftercare involve, and what risks or limitations apply. Treatment time, fees, recovery and maintenance vary with the diagnosis and the complexity of care. A written treatment plan lets you compare stages, expected appointments and payment arrangements before you proceed.

Call 000 immediately for uncontrollable bleeding, difficulty breathing or swallowing, serious facial injury or other life-threatening symptoms, and do not wait for a dental appointment. For severe tooth pain or swelling without these signs, contact us promptly on 13 13 16.

Further detail from Core Dental

The following points are drawn from Core Dental's own published material on this topic. They are included here for completeness, and anything that applies to your own treatment should be confirmed

with your clinician.

The question we are most often asked relates to the necessity of a tooth extraction. As well as traditional metal (stainless steel) braces, clear or ceramic (porcelain) braces are available; these match the surrounding tooth colour, are more aesthetically pleasing and are virtually invisible from 2 to 3 metres away. With Invisalign, teeth are gradually moved into place by means of custom-made clear aligners that are changed every two to three weeks until the teeth are in the desired position. Teenagers being treated with Invisalign can remove the aligners to eat, brush their teeth, and play sport or a musical instrument, or even for a special occasion.

Occasionally, the problem is due to narrowness of the upper jaw.

Frequently asked questions

Does an early assessment mean my child needs braces?

No. An early assessment lets a specialist monitor your child's growth and identify developmental problems at an early stage. Many children do not need treatment straight away, and your orthodontist will advise on timing.

Can children have Invisalign?

Invisalign Teen is available for suitable teenagers and can include compliance indicators and replacement aligners. Younger children may be treated with other appliances first. Your orthodontist will advise what suits your child.

Why might a child need a space maintainer?

If a baby tooth is lost early, usually from decay, nearby teeth can drift into the gap. A space maintainer holds the space for the permanent tooth, and it can be fixed or removable.

Is snoring in children an orthodontic issue?

Snoring can be a sign of partial airway obstruction, and sometimes a narrow upper jaw is involved. We work with ENT specialists and a children's sleep specialist, and a doctor should check any child who snores.

Can I use the Child Dental Benefits Schedule for orthodontics?

We bulk bill eligible children for services covered by the Child Dental Benefits Schedule. Orthodontic treatment may not be covered, so ask us to confirm your child's eligibility and quote before treatment starts.

Related services and further reading

Orthodontics

Invisalign treatment

Invisalign fees

Types of Invisalign

Invisalign frequently asked questions

Internal lingual braces

Orthodontic braces

Children's dentistry

Paediatric dentistry

Specialist orthodontist

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.

We quote before treatment starts and offer interest-free payment plans.

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

Specialist orthodontist and paediatric dentists at selected practices, with sessions to be confirmed when you book.

Call 13 13 16 or book online.

Contact Core Dental

Phone	13 13 16
Booking	Online through coredental.com.au, or call 13 13 16
Hours	Monday to Friday 8.00am to 6.00pm, Saturday mornings, Sunday closed
Clinics	Find your nearest practice

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.

At what age do Core Dental specialists suggest a first orthodontic check?

Core Dental follows the advice that a first assessment by a registered specialist orthodontist happens around age six or seven, when the first adult teeth typically appear. An early check allows us to monitor growth and advise on timing.

Which Core Dental practices have a specialist orthodontist?

Dr David Austin, Specialist Orthodontist, is listed at Core Dental Caroline Springs, Epping and South Melbourne. Specialist availability is limited and can change, so call 13 13 16 to confirm the next available session before you book.

What conditions can early orthodontics treat at Core Dental?

Early childhood orthodontic care at Core Dental can address tooth eruption problems, cross-bites, severe overcrowding, jaw growth problems, snoring and thumb sucking. Your child's specialist will explain whether treatment or monitoring suits them.

Does Core Dental use removable appliances for young children?

Yes. Where crowding is noticed in a young child, our specialists can use simple removable appliances such as orthopaedic plates from age six to eight. Fixed braces are then used to complete alignment once teeth have erupted.

Does Core Dental work with other specialists on children's jaw problems?

Our specialist orthodontists work with oral and maxillofacial surgeons for children whose jaw growth problems may need orthognathic surgery. For snoring we also work with ENT specialists and a children's sleep specialist.

Is Core Dental an Invisalign provider for teenagers?

Core Dental is recognised as an Invisalign Blue Diamond provider, and Invisalign Teen is available for suitable teens, with compliance indicators and replacement aligners. Suitability depends on an examination by your orthodontist.

How do I book a children's orthodontic assessment at Core Dental?

Call Core Dental on 13 13 16 or book online through coredental.com.au. Tell us your child's age and your concerns, and we will arrange an assessment at a practice where a specialist attends.