Orthodontics: Invisalign and Braces | Core Dental

Canonical: https://www.coredental.com.au/orthodontics/

Details:

Orthodontics is the area of dentistry concerned with the alignment of your teeth and bite, known as malocclusion. At Core Dental we offer Invisalign clear aligners, traditional and clear braces, and internal lingual braces, planned after an examination of your teeth, gums and bite. Our team includes registered specialist orthodontists at selected practices across Melbourne. Whether a treatment suits you depends on your assessment, and results and treatment time vary for each person.

What is orthodontics?

Orthodontics is a specialised field of dentistry concerned with the treatment of malocclusion, often called a bad bite. It involves correcting the alignment and position of the teeth and, in some cases, the jaw. Treatment may be provided by a dentist with orthodontic training or by a registered specialist orthodontist, and we will explain who is involved in your plan.

Which bite problems can orthodontic treatment address?

Orthodontic treatment can address:

Crowding, where there is not enough space for the teeth.

Excessive spacing between teeth.

Crossbite, where the upper teeth close inside the lower teeth.

Overbite, where the upper front teeth overlap the lower front teeth excessively.

Underbite, where the lower teeth sit forward of the upper teeth.

What are the benefits of straighter teeth?

The benefits are both functional and cosmetic. Improved tooth alignment may help with everyday activities such as chewing, and aligning the front teeth can change the appearance of your smile. You still need to brush and clean between your teeth carefully during and after treatment. Orthodontic treatment does not suit everyone, and your dentist will explain the limits and risks before you decide.

Which orthodontic treatments do we offer?

We offer three main options, and we explain the benefits and limits of each.

Invisalign , a series of clear, removable aligners that gradually reposition the teeth without fixed brackets and wires. Read more on our Invisalign pages, including types of Invisalign , Invisalign fees and Invisalign frequently asked questions . Core Dental is recognised as an Invisalign Blue Diamond provider, as stated on coredental.com.au. Recognition is not a measure of the outcome of any individual treatment.

Traditional and clear braces , fixed brackets and wires that guide the teeth into position. See our traditional and clear braces page.

Internal lingual braces , braces fitted to the backs of the teeth so they are less visible from the front. See our internal lingual braces page.

How does Invisalign work?

Invisalign uses a series of clear, removable aligners. You change to a new set of aligners through your treatment plan, and each set gradually moves your teeth towards their planned positions. Aligners need to be worn as directed to work, and our Caroline Springs practice offers Invisalign Teen with compliance indicators and replacement aligners for teenagers. Your dentist or orthodontist will explain whether aligners suit your teeth and bite, or whether braces are a sounder choice for your situation.

What about orthodontic treatment for children?

Children can have an orthodontic assessment from around age 9 to 10, which lets us check how the jaws and teeth are developing and advise whether and when treatment might help. We offer children's braces and Invisalign, and you can read more on our children's braces and Invisalign page.

What happens at an orthodontic assessment?

Your assessment starts with a conversation about your goals and an examination of your teeth, gums and bite. Your clinician may recommend records such as photographs, impressions or digital scans and an OPG X-ray, which is a panoramic image of the mouth and jaw. They then explain the options, the likely number of appointments, the risks and limits, and the fees. Any other treatment you need, such as fillings or cleans, is usually completed before orthodontic treatment begins.

How much does orthodontic treatment cost, and how can you pay?

Fees depend on the treatment you choose, how complex your case is and how long treatment takes, 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. HICAPS claiming is available on-site, and any rebate depends on your own health fund cover. Figures and terms were published as at September 2026, so please confirm them when you book.

Where can you have orthodontic treatment at Core Dental?

Orthodontic care is available across our practices, and specialist orthodontist Dr David Austin sees patients at Caroline Springs , Epping and South Melbourne . Dr Steven Smith is also listed as a specialist orthodontist on our team page. Practice days change, so please confirm the next available session when you book. Learn more on our orthodontist page and our dentists and registered specialists page.

What is the difference between a specialist orthodontist and a general dentist?

This distinction is worth understanding before you start, because both can provide orthodontic treatment and the qualifications behind them are not the same.

To register with the Dental Board of Australia as a specialist, an orthodontist in Australia must hold the same degree as a general dentist plus a postgraduate qualification in orthodontics. Orthodontics Australia, the public information service of the Australian Society of Orthodontists, describes the pathway as orthodontists who "begin as dentists before completing an additional three years of full-time study to become registered specialists". The Board's own requirements for specialist registration are a qualification in the specialty, all the requirements for general registration as a dentist, and "a minimum of two years general dental practice". That training qualifies them for specialist registration and lets them build comprehensive experience in the field, with their sole professional focus being the position of the teeth. Seeing a specialist orthodontist means your treatment is planned and carried out by a practitioner trained specifically in that area.

Some general dentists have obtained certification that entitles them to carry out Invisalign treatment. While it is possible for general dentists to carry out orthodontic treatments, we recommend specialist care to make absolutely sure quality of outcome is not compromised.

You can confirm whether any practitioner holds specialist registration, free of charge, on the AHPRA public register at ahpra.gov.au. At some of our locations our specialists practise alongside our general dentists and hygienists, which means orthodontic patients can have treatment back to back with a general check-up and clean without leaving the practice.

What types of braces are available, and how do they differ?

Conventional braces are fixed to the front, or cheek side, of the teeth. They consist of two parts: a series of either metal or clear brackets attached to each tooth, and an arch wire running through slots in the brackets. When the wire is tensioned it slowly moves the teeth into the desired position. They are suitable for patients of all ages, subject to individual assessment.

The options differ mainly in appearance, customisation and cost:

Conventional metal braces are still the most commonly used orthodontic appliance and are the least expensive option.

Clear braces usually achieve the same result and are more aesthetically pleasing, but tend to cost more because the materials are more expensive.

Internal lingual braces and Invisalign are each individually customised to fit you and no one else, which is reflected in the price.

As with conventional braces, lingual braces can be considered for patients across a range of ages, depending on individual assessment.

What is it like to wear Invisalign aligners day to day?

Invisalign is much less visible than fixed braces, which is one reason people choose it. The aligners are removable, so you can take them out for eating, cleaning and special occasions, and most people find others do not notice them.

Before Invisalign treatment at Core Dental, one of our specialist orthodontists or general dentists will assess you for suitability and give you a detailed outline of the process. That outline includes an approximate timeframe, with an allowance for any general dental work needed beforehand.

When is the right time to start orthodontic treatment?

There are two useful moments, and neither is a deadline.

It may be a good idea to have an orthodontist check on the development of a child's permanent teeth at age 9 or 10 , to assess whether orthodontic treatment will be necessary later. Prevention matters here: early preventative treatment can in some cases reduce or eliminate the need for braces later in life.

The usual time to start treatment with braces is at around 11 to 14 years of age , when most permanent teeth have come through. But you can start treatment at any age. We see many adult patients who did not have orthodontic treatment when they were younger, or whose teeth have moved since previous treatment. You are never too old to have braces or Invisalign, and you can begin at any age. If you want straighter teeth, come in for a consultation and we will discuss the options available to you.

How is your bite assessed, and when are extractions or surgery needed?

Orthodontics is not only about making teeth straight or improving how they look. It is also used to correct bite problems, and that is the part patients tend to hear least about.

Your bite, meaning how the top and bottom teeth meet, can affect how well you chew your food and can make it harder to maintain good oral hygiene. This is why a full set of braces or aligners is sometimes needed rather than treating the top or bottom row on its own. That said, people who already have a good bite may need braces or an aligner on only the top or the bottom teeth.

When recommending treatment, your orthodontist will assess your bite to determine whether extractions or surgery are necessary, or whether the bite can be corrected with braces or Invisalign alone. Patients with poor jaw alignment may require additional treatment in the form of orthopaedic appliances, which are devices used to influence the growth or position of bone, or surgery.

What should you expect when braces or aligners are first fitted?

Some tenderness is normal and expected, and knowing that in advance makes the first week easier.

At first it may take some time for your mouth to adapt to the feel of your braces or aligners, and with braces in particular you may notice some rubbing on your lips and cheeks. When braces or aligners are first fitted, and after each adjustment visit or new aligner tray, your teeth will feel tight, which makes both teeth and gums feel a little tender. That tightness means the teeth are moving, and the sensation may last up to a week.

During that time we recommend eating soft foods that require little chewing. Over-the-counter pain management medication can also help if you feel a lot of discomfort. If discomfort is severe or does not settle, contact us rather than waiting for your next appointment.

How long does orthodontic treatment take?

The length of treatment depends on the problem being treated and how much movement is needed to bring the teeth into position. Another factor is the treatment option you choose, since conventional braces are likely to have a different timeframe from Invisalign. Your treating dentist or orthodontist will give you a time estimate at your initial consultation.

How do you look after your teeth during orthodontic treatment?

Excellent oral hygiene is crucial for anyone wearing braces or aligners, and with braces it takes more effort than usual.

With braces it is particularly important to keep the areas around the brackets and along the gum line free from plaque. Because those areas are harder than usual to clean, we advise patients with braces

to book regular cleaning appointments with one of our dental hygienists. If you choose aligners, your twice-daily routine of cleaning and flossing can continue as normal, because the aligners are removable.

With braces you may occasionally loosen a bracket or the wire, either by eating something hard, while chewing, or through particular physical activities. If that happens, make an appointment with your orthodontist so the braces can be repaired.

Why do orthodontic fees vary so much between cases?

Many different factors feed into the cost of orthodontic treatment, which is why we quote on your own case rather than publishing a single figure.

A simple treatment that may take six months would naturally cost less than two to three years of treatment that also involves removing teeth and oral surgery to correct the bite or reposition the jaws. The appliance matters too, as set out above. The final price will depend on the complexity of the treatment required, and you will have a written plan and quote before treatment starts.

How we decide whether orthodontic treatment is appropriate

Orthodontic treatment will only be performed by our orthodontists if it is deemed at the consultation visit that such treatment is required for, and of benefit to, the patient. Core Dental Group does not encourage and will not partake in the indiscriminate or unnecessary use of any health services.

Informed consent will be sought prior to the commencement of any treatment, and the patient and our treating dentist will discuss the patient's outcome expectations before treatment begins. Our treating orthodontists determine which course of orthodontic treatment is most suitable based on the patient's previous orthodontic history, presenting dental condition and outcome expectations.

Frequently asked questions

What is the difference between Invisalign and braces?

Invisalign uses clear, removable aligners. Braces use brackets and wires that stay fixed to the teeth. Which suits you depends on your bite, your goals and how you would manage each option day to day.

At what age can a child see an orthodontist?

An orthodontic assessment can be useful from around age 9 to 10. Not every child needs treatment, and our clinicians will explain whether to monitor or treat.

Will I need to wear a retainer after treatment?

Teeth can move after treatment, so a retainer is usually recommended to hold them in position. Your clinician will explain the type and how long to wear it.

Can adults have orthodontic treatment?

Yes. Adults can have orthodontic treatment, provided the teeth and gums are healthy. We may need to treat gum disease or decay first.

Do you offer payment plans for orthodontics?

Yes. We offer interest-free Payright plans for amounts up to $20,000 over 3 to 30 months, subject to eligibility and approval. Terms were published as at September 2026.

What kinds of retainer are there?

Two, and which one you get depends on your dental requirements. A retainer can take the form of a removable clear plastic mould worn over the teeth, or a fixed wire attached behind the teeth. Either way its job is the same: to keep the teeth stable while the bone and gums adapt to their new alignment.

What should I do if a bracket or wire comes loose?

Make an appointment with your orthodontist so it can be repaired. Loosening a bracket or wire happens occasionally, usually from eating something hard, from chewing, or during particular physical activities. It is not an emergency, but leaving it unrepaired can delay your treatment.

Can I have orthodontic treatment if my jaw alignment is poor?

Often yes, but it may involve more than braces or aligners. Patients with poor jaw alignment may need orthopaedic appliances, which influence the growth or position of bone, or in some cases surgery. Your orthodontist will assess your bite and explain which of these applies to you before anything begins.

Related services and further reading

Invisalign

Types of Invisalign

Invisalign fees

Invisalign frequently asked questions

Traditional and clear braces

Internal lingual braces

Children's braces and Invisalign

Orthodontist

Children's dentistry

Dental payment plans

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 and HICAPS on-site claiming.

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 through 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	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.

What is orthodontics at Core Dental?

Orthodontics at Core Dental is treatment of malocclusion, or a bad bite, by correcting the alignment and position of your teeth and sometimes the jaw. We offer Invisalign, traditional and clear braces, and internal lingual braces.

What bite problems can Core Dental orthodontic treatment address?

Our orthodontic treatment can address crowding, excessive spacing, crossbite, overbite and underbite. Your clinician examines your teeth, gums and bite at Core Dental and explains which option suits your situation.

What orthodontic treatments does Core Dental offer?

Core Dental offers Invisalign, which uses clear removable aligners, traditional and clear braces with fixed brackets and wires, and internal lingual braces fitted to the backs of the teeth. Children's braces and Invisalign are also available.

Which Core Dental practices have a specialist orthodontist?

Dr David Austin, a specialist orthodontist, sees patients at our Caroline Springs, Epping and South Melbourne practices. Core Dental's team page also lists Dr Steven Smith. Sessions change, so confirm the next date when you book.

When can a child have an orthodontic assessment at Core Dental?

Children can have an orthodontic assessment from around age 9 to 10 at Core Dental. We check how the jaws and teeth are developing and advise whether and when treatment might help.

Is Core Dental an Invisalign provider?

Yes. Core Dental states on coredental.com.au that it is recognised as an Invisalign Blue Diamond provider. Recognition is not a measure of the outcome of any individual treatment, and suitability depends on your assessment.

Can I pay for orthodontics at Core Dental over time?

We quote before treatment starts and offer interest-free Payright plans for amounts up to $20,000 over 3 to 30 months, subject to eligibility and approval. HICAPS claiming is available on-site. Terms published as at September 2026.

How do I book an orthodontic consultation at Core Dental?

Call Core Dental on 13 13 16 or book online through coredental.com.au. Tell us you would like an orthodontic assessment, and we will arrange an appointment at a suitable practice.