Internal Lingual Braces Melbourne: Hidden Braces | Core Dental

Canonical: https://www.coredental.com.au/orthodontics/internal-lingual-braces/

Details:

Internal lingual braces are an orthodontic treatment that fits metal brackets to the back surfaces of your teeth, on the tongue side. The brackets are threaded with an arch wire and elastic tighteners, and because they sit behind the teeth they are hidden from view in everyday contact with other people. At Core Dental we assess whether lingual braces suit your teeth and bite, explain the alternatives, and quote before treatment starts. Results and treatment times vary for each person.

What are internal lingual braces?

Internal lingual braces are fixed braces attached to the tongue side of your teeth rather than the front. Like conventional braces, they use brackets, an arch wire and elastic tighteners to move teeth into a planned position. Because the brackets face the tongue, they are hidden from view when you smile and talk with other people during treatment.

Do lingual braces work the same way as conventional braces?

Yes, in terms of mechanics. Lingual braces straighten and realign teeth using the same pressure-based principles as conventional braces, with wires and elastics that need regular adjustment. Because of their position, additional clinician training is necessary to fit and manage them properly. That is one reason we encourage you to ask who will plan and supervise your treatment. See our orthodontic braces page to compare the approaches.

What comfort differences might you notice with lingual braces?

Because lingual braces sit away from the lips and cheeks, they are less likely to rub on the inside of the lips, which can reduce the irritation and sores that sometimes occur with front-facing braces. They do sit close to the tongue, so you may notice the tongue side of your mouth more at first.

Does treatment take as long as conventional braces?

Internal lingual braces often take a few months longer to move teeth into position than conventional braces. Your orthodontist will give you a timeframe estimate at your initial consultation, based on your teeth and bite. Treatment time varies with the complexity of your case and with how closely you follow instructions.

What can you expect during treatment?

Lingual braces may take some getting used to. Speech can sometimes be affected at first because of the position of the brackets near the tongue, though patients adapt and speech usually returns to normal quickly. You will most likely visit your orthodontist every six to eight weeks to have your braces

adjusted, although complex treatment may need more regular adjustments. The wires and elastics are changed at every visit.

Who is suitable for lingual braces, and who is not?

Suitability depends on an examination of your teeth, gums, jaws and bite, and sometimes on imaging. Lingual braces are one of several orthodontic options, alongside conventional braces, ceramic braces and Invisalign clear aligners. Your orthodontic provider will explain which options can address your concerns and which may not. Orthodontic treatment is generally planned only when your teeth and gums are healthy, so we may ask you to treat decay or gum disease first.

What are the risks and limits of lingual braces?

All orthodontic treatment carries risks. These can include tooth and gum soreness, mouth irritation, difficulty cleaning around the brackets, decay or gum problems if cleaning is neglected, changes in speech while you adapt, and a need to wear a retainer afterwards to hold the result in place. Treatment may take longer than estimated, and results cannot be guaranteed. Your orthodontic provider will explain the risks that apply to you before you decide.

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

Fees depend on the complexity of your case, the length of treatment and the provider, so we give you a written treatment plan and quote before treatment starts. Please confirm the current written terms, what a quoted figure includes and any health fund rebate before booking or paying, because fees can change.

We offer interest-free payment plans through Payright for amounts up to $20,000 over 3 to 30 months with fortnightly instalments. Eligibility applies: you must be 18 or over, an Australian permanent resident, and able to provide ID and a verifiable email and mobile. Approval is not guaranteed. HICAPS claiming is available on-site, and any rebate depends on your own health fund cover. See our dental payment plans page.

How should you plan your visit?

A useful first step is to explain your concern, timing and goals when you book. Bring relevant medical information and a current medicines list. Your practitioner can then assess your teeth, gums, bite and surrounding tissues, request imaging where clinically appropriate and explain which options are suitable. 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. A written treatment plan helps you compare stages, expected appointments and payment arrangements.

Where can you ask about lingual braces at Core Dental?

You can start with a consultation at any of our nine practices: Southbank , South Melbourne , Caroline Springs , Carrum Downs , Epping , Wyndham , Berwick , Bayside and Glenferrie . Orthodontic specialist sessions are limited and can change, so call 13 13 16 to confirm where and when lingual braces can be assessed and fitted.

Who provides orthodontic treatment at Core Dental?

Orthodontic care at Core Dental is provided by our dentists and registered specialist orthodontists, who work with our general dentists and hygienists. Learn more on our orthodontist page and our dentists and registered specialists page. You can check any practitioner's registration on the AHPRA register at ahpra.gov.au.

What does the regulator require of a clinician using a technique like this?

The page above notes that lingual braces call for particular training. There is a formal standard behind that, and it applies to every procedure in dentistry rather than to this one specially.

The Dental Board of Australia's scope of practice registration standard, which "applies to all registered dental practitioners except those with student or non-practising registration", sets the rule in two parts. It requires that "dental practitioners must only perform dental treatment: a. for which they have been educated and trained, and b. in which they are competent."

Both limbs have to be satisfied. Education and training is the formal part — a course completed, a qualification held. Competence is the practical part, and it is assessed by the practitioner against the case in front of them. A technique may be within someone's training in general and still be outside their competence for a particular case.

The standard also governs delegation: "a dental practitioner must not direct any person whether a registered dental practitioner or not to undertake dental treatment or give advice outside that person's education or competence." So a practitioner cannot hand a technique to a colleague who is not equipped for it either.

This is not advisory. The Board notes that the National Law "establishes possible consequences if you don't meet this registration standard, including that registration standards, codes or guidelines may be used in disciplinary proceedings against health practitioners as evidence of what constitutes appropriate practice or conduct for the health profession (see section 41 of the National Law)." The standard also notes that restricted dental acts, under section 121 of the National Law, apply to the definition of dentistry.

The standard does not list procedures or say which ones need which training — it sets the principle and leaves its application to the practitioner. For a patient, the useful consequence is that asking a clinician about their training and experience with a specific technique is not an awkward question. It is the same question the standard requires them to have asked themselves.

Source: Dental Board of Australia, Scope of practice registration standard, dentalboard.gov.au (effective 1 July 2020; approved by the COAG Health Council on 1 November 2019; accessed 3 November 2026).

How does specialist registration fit in?

Orthodontics is one of the thirteen dental specialties in Australia approved by the Australian Health Workforce Ministerial Council and recognised by the Dental Board of Australia. Specialist registration requires a qualification in the specialty, all the requirements for general registration as a dentist, and a minimum of two years general dental practice — so a registered specialist orthodontist has practised as a general dentist before specialising.

A general dentist may provide orthodontic treatment without that specialist registration, and the scope of practice standard above is what governs how far. The two sit together: specialist registration is a formal status, while the scope of practice standard applies to everyone regardless of status.

Ahpra publishes an online register of every dental practitioner in Australia, giving current registration status and, for dentists with specialist registration, the specialty concerned. For a less common

technique it is reasonable to check that register at ahpra.gov.au and to ask the clinician directly how often they use it.

Source: Dental Board of Australia, Specialist Registration, dentalboard.gov.au (page reviewed 18 March 2025; accessed 3 November 2026).

Frequently asked questions

Why are lingual braces hidden from view?

The brackets are attached to the back of the teeth, on the tongue side, rather than the front. This means they are hidden from view in everyday contact with other people during treatment.

Do lingual braces affect speech?

Speech can sometimes be affected at first because the brackets sit near the tongue. Patients usually adapt, and speech typically returns to normal quickly. Your orthodontic provider will talk through what to expect.

How often are lingual braces adjusted?

Most likely every six to eight weeks, although complex treatment may need more regular adjustments. The wires and elastics are changed at every visit.

Do lingual braces need special training to fit?

Yes. Because of their position, additional clinician training is needed to fit and manage them properly. Ask your provider about their experience before you start.

Are lingual braces my only option?

No. Other options include conventional braces, ceramic braces and Invisalign clear aligners. Your provider will explain which options suit your teeth and goals.

What rule governs whether a clinician can use a particular technique?

The Dental Board of Australia's scope of practice registration standard, which requires that practitioners "must only perform dental treatment: a. for which they have been educated and trained, and b. in which they are competent." Both limbs must be met: training is the formal part, competence is the practitioner's judgement about the case in front of them.

Is that standard binding or just guidance?

Binding. The Board notes that the National Law establishes possible consequences for not meeting a registration standard, including that standards, codes and guidelines may be used in disciplinary proceedings as evidence of what constitutes appropriate practice, under section 41 of the National Law.

Can a dentist delegate a technique to a colleague?

Only within that colleague's own education and competence. The standard states that a dental practitioner must not direct any person, whether a registered dental practitioner or not, to undertake dental treatment or give advice outside that person's education or competence.

Is it reasonable to ask how often my clinician uses this technique?

Yes. The scope of practice standard requires the practitioner to have satisfied themselves on exactly that point, so asking about their training and experience with a specific technique is the same question the standard puts to them. For a less common technique it is a sensible one.

Does the standard say which procedures need which training?

No. It sets the principle — educated, trained and competent — and leaves its application to the practitioner. It does not list procedures or specify training for any of them.

Related services and further reading

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Dental payment plans

Understanding your treatment

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, with Monday to Friday hours to 6.00pm and Saturday mornings.

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

Invisalign Blue Diamond provider, as stated on coredental.com.au.

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 are internal lingual braces at Core Dental?

Internal lingual braces are an orthodontic option with metal brackets fixed to the tongue side of your teeth, threaded with an arch wire and elastic tighteners. Core Dental assesses suitability and explains alternatives first.

Why can others not see lingual braces?

The brackets sit on the back of your teeth, on the tongue side, so they are hidden from view in everyday contact with other people. Core Dental provides lingual braces information and assessment at consultation.

Do Core Dental lingual braces work like conventional braces?

Yes in mechanics. They straighten teeth using the same pressure-based principles, with wires and elastics that need regular adjustment. Core Dental notes that extra clinician training is needed to fit and manage them.

How frequently do Core Dental providers adjust lingual braces?

You will most likely visit your orthodontic provider every six to eight weeks for adjustment, and complex treatment may need more regular visits. At Core Dental the wires and elastics are changed at every visit.

How long can treatment with lingual braces take?

Lingual braces often take a few months longer than conventional braces to move teeth into position. Core Dental orthodontic providers give a timeframe estimate at your initial consultation, and it varies by case.

Can lingual braces affect speech?

Speech can sometimes be affected at first because the brackets sit near the tongue. Patients usually adapt, and speech typically returns to normal quickly. Core Dental providers explain what to expect before you start.

Does Core Dental offer payment plans for orthodontic treatment?

Yes. We quote before treatment starts and offer interest-free Payright plans up to $20,000 over 3 to 30 months, subject to eligibility and approval. HICAPS claiming is available on-site at Core Dental clinics.

How do I enquire about lingual braces at Core Dental?

Call Core Dental on 13 13 16 or book online through coredental.com.au. Specialist orthodontist sessions are limited and can change, so ask the team to confirm where and when your assessment can take place.