Invisalign FAQs: Suitability, Types and Payment | Core Dental

Canonical: https://www.coredental.com.au/orthodontics/invisalign-treatment/invisalign-frequently-asked-questions/

Details:

We answer the questions we hear most about Invisalign at Core Dental. Invisalign is a series of clear, removable plastic aligners that gently move your teeth, and it is provided at our practices across Melbourne. We offer an Invisalign consultation to assess whether it suits you, and you receive a written quote and treatment plan before treatment starts. Which option is suitable depends on an examination, and results vary for each person.

How can you find out if you are suitable for Invisalign?

Book an Invisalign consultation with us. As at September 2026 our consultation is offered free of charge, and we recommend you confirm that when you book. At this appointment our team assesses your case, discusses your goals and explains which treatment option may suit you. You then receive a written quote and treatment plan, and where our digital planning allows, a projection of how your smile may look at the end of treatment. A projection is an illustration only and cannot guarantee a result. An orthodontist or dentist can advise whether Invisalign is right for you, and you should always follow the directions for use.

What types of Invisalign treatment do we offer?

Invisalign Express: up to 7 aligners, for minor tooth shifting or very mild crowding. Results are possible in as little as 3 months for suitable cases.

Invisalign Lite: up to 14 aligners, for minor dental problems and mild to moderate malocclusion, meaning a bite that does not fit together well.

Invisalign Full (Moderate and Comprehensive): for moderate to severe crowding, spacing and complex bite issues.

Invisalign Teen: designed for teenagers, with wear indicators and extra replacement aligners in case one is lost.

You can read more on our types of Invisalign page, and see children's braces and Invisalign for younger patients.

How much does Invisalign cost with us?

Invisalign fees vary with your diagnosis, the complexity of your case and the treatment plan. Older Core Dental guides have quoted different figures, so we do not give a single number here. Request a current written estimate from your treating practice before you proceed. Our Invisalign fees page explains what affects the fee.

What payment options are available for Invisalign?

We quote before treatment starts so there are no surprises. We offer interest-free payment plans through Payright for amounts up to $20,000, with fortnightly instalments over 3 to 30 months, subject to eligibility and approval (18 or over, Australian permanent resident, ID, a verifiable email and a mobile number). Terms were published as at September 2026, so please confirm them when you book. HICAPS on-site claiming is available, and any rebate depends on your own health fund cover and its limits for orthodontic treatment. See our dental payment plans page.

How does the Invisalign process work?

After your consultation and records, your plan is prepared and your aligners are made. You wear each set of aligners for the time your clinician advises, changing to the next set to move your teeth in stages, and you attend review appointments so your progress can be checked. Aligners are removable, which means you can eat, drink and clean your teeth as usual, but they work only when worn for the recommended time each day. Our Invisalign process article describes the steps.

What are the risks and limits of Invisalign?

Invisalign is not suitable for every case, and some bite problems may need braces or other treatment. Teeth can feel sore after changing aligners, and you may need to wear a retainer afterwards to hold your result. If aligners are not worn as advised, treatment may take longer or may not achieve the planned result. Your clinician will explain the limits for your teeth before you decide.

Where can you have Invisalign at Core Dental?

Invisalign and clear aligner treatment is listed at our practices including Southbank , South Melbourne , Caroline Springs , Epping , Wyndham , Berwick and Glenferrie . Ask Carrum Downs and Bayside about availability. We have also run Invisalign open days, and you can see our Invisalign open days page. Core Dental is an Invisalign Blue Diamond provider, as stated on coredental.com.au.

Who provides Invisalign at Core Dental?

Invisalign is provided by our dentists, and our registered specialist orthodontists are available for orthodontic care. See our orthodontist page and dentists and registered specialists . You can check any practitioner on the AHPRA register at ahpra.gov.au.

How many hours a day should aligners be worn?

Aligners should be worn all the time, day and night, with the exception of when you remove them to eat, to brush and floss your teeth, or for a special occasion.

This is the part of Invisalign treatment that depends entirely on you. The aligners apply force only while they are in the mouth, so wearing time is not a guideline but the mechanism of the treatment. If aligners are routinely out for longer than eating and cleaning require, the teeth fall behind the planned sequence and the treatment takes longer or does not reach the planned position.

How do you clean your aligners?

Cleaning takes a minute and the wrong method can ruin a set of aligners, so it is worth getting right from the first tray.

Clean them before each insertion, using cold water and a toothbrush without toothpaste.

To remove stains or debris, soak them in cool water with vinegar, or with a retainer cleaning tablet. With Retainer Brite, place the aligners in a cup of water and add one tablet, which turns the water blue.

Rinse thoroughly in cold water before reinserting.

Clean them while they are already out at mealtimes, so they are not out of the mouth for extra time.

Do not use warm or hot water, denture cleaners or mouthwash. These will distort the aligners, and a distorted aligner no longer fits the plan it was made for.

How should you store aligners when they are out?

In the protective box provided, every time.

When taking your aligners out to eat or drink, remember to put them in the box. Avoid placing them in a tissue or in your pocket, which is how aligners are most often damaged or accidentally thrown away. A lost aligner means either waiting for a replacement or moving on to the next tray early, and neither is ideal mid-treatment.

What is it like to eat and drink with Invisalign?

Because you remove the aligners to eat, you can eat what you want. There is no list of forbidden foods as there is with fixed braces.

The trade-off is a routine rather than a restriction. Brushing and flossing your teeth after each meal, and before reinserting your aligners, is recommended, because anything left on the teeth is then held against them by the aligner for hours. That makes an aligner-wearer's hygiene routine more frequent than average, if no more complicated.

Does Invisalign affect your speech?

You may find there is an initial adjustment period with having something new in your mouth, and many people report no effect on speech at all.

Where there is an effect it is usually slight and short-lived, settling as the tongue adapts over the first days of a new tray. If a persistent speech change bothers you, mention it at your review appointment, because the shape of the aligner edge can sometimes be the cause.

What does the discomfort of a new aligner feel like?

Some people experience minor discomfort at the beginning of each new stage of treatment, when a new aligner is inserted. Patients typically describe it as a feeling of pressure rather than pain.

That sensation indicates that the teeth are moving into their new positions, which is what the aligner is for. It typically dissipates after a couple of days, as the wearer becomes accustomed to the new aligner. Over-the-counter pain management can help if required. Discomfort that is severe, or that does not settle within a few days, is worth a call rather than a wait.

Which cases is Invisalign less suited to?

Invisalign can address most, but not all, teeth straightening concerns, and knowing where the limits fall is more useful than knowing where the strengths are.

At the mild end, the shorter treatments are suited to patients with a relapse after braces from a younger age, or with very mild movement requirements, where only limited movement is needed and few aligners are required. At the complex end, significant jaw differences, large movements and cases that depend on predictable wearing time may be better served by a fixed appliance, which works whether or not the patient remembers it.

Your clinician makes that call after examining your teeth and bite, and will explain the reasoning rather than simply offering the option you asked about.

Will your health fund rebate Invisalign treatment?

That depends on your fund and, in some cases, on who provides the treatment.

Several health funds will provide a rebate only when a specialist orthodontist carries out the treatment, so the same course of treatment can attract a rebate in one person's hands and not in another's. We suggest you check with your health fund before you commit, because policies differ from fund to fund and orthodontic limits are often separate from general dental limits.

HICAPS on-site claiming is available at our practices, so where a rebate does apply it can usually be claimed at the time.

Are retainers included after Invisalign?

Yes, you will require retainers to hold your teeth in their new position, and Core Dental's Invisalign information states that there is no additional charge for these. Please confirm what your own written quote includes before treatment starts, since inclusions can change.

Retainers are not optional. Teeth tend to drift back towards their former position once the aligners stop holding them, and the retainer is what makes the result of the preceding months durable.

Frequently asked questions

Does Invisalign work for teenagers?

Invisalign Teen is designed for teenagers, with wear indicators and extra replacement aligners in case one is lost. Whether it suits a particular teenager depends on their teeth and bite, so book an assessment so a clinician can advise.

Can I eat and drink normally with Invisalign?

Aligners are removable, so you take them out to eat and drink. You then clean your teeth before putting them back in. Our article on eating and drinking with Invisalign explains more.

Will I need a retainer after Invisalign?

Most people need a retainer after aligner treatment to help hold their teeth in the new position, but this depends on your case. Your clinician will explain what applies to you and how long to wear it.

How long does Invisalign take?

It depends on your case. Invisalign Express may take as little as 3 months for minor, suitable cases, while Lite and Full treatment are for more involved problems and can take longer. Your clinician will

give you an estimate after your assessment.

What is the difference between Invisalign and traditional braces?

Invisalign uses clear removable aligners, while traditional braces are fixed to the teeth. Which suits you depends on your bite and goals. We explain both on our orthodontics page.

Can I use hot water or mouthwash to clean my aligners?

No. Warm or hot water, denture cleaners and mouthwash all distort the aligners, and a distorted aligner no longer fits the plan it was made for. Use cold water and a toothbrush without toothpaste, and soak in cool water with vinegar or a retainer cleaning tablet.

Where should I put my aligners while I eat?

In the protective box provided. Aligners left in a tissue or a pocket are the ones most often damaged or thrown away by accident. Cleaning them while they are already out at mealtimes also keeps them out of your mouth for less time overall.

Do I have to pay extra for retainers after Invisalign?

Core Dental's Invisalign information states that retainers are required and that there is no additional charge for them. Confirm what your own written quote includes before starting, because inclusions can change.

Will my health fund cover Invisalign?

It depends on your policy, and several funds rebate orthodontic treatment only when a specialist orthodontist provides it. Check with your fund before committing, since orthodontic limits are often separate from general dental limits. HICAPS claiming is available on-site where a rebate applies.

Related services and further reading

Invisalign treatment

Invisalign fees

Types of Invisalign

Children's braces and Invisalign

Orthodontics

Orthodontic braces

Benefits of Invisalign

What is the Invisalign process?

Orthodontist

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, HICAPS on-site claiming, 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 through your practice page at coredental.com.au, or call 13 13 16
Hours	Monday to Friday 8.00am to 6.00pm, Saturday 8.00am 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 Invisalign options does Core Dental offer?

Core Dental offers Invisalign Express (up to 7 aligners), Invisalign Lite (up to 14 aligners), Invisalign Full for moderate to severe crowding, spacing and complex bites, and Invisalign Teen. A clinician advises which suits you.

How do I find out if I am suitable for Invisalign at Core Dental?

Book an Invisalign consultation with Core Dental. Our team assesses your case, and you receive a written quote and treatment plan. The consultation was offered free as at September 2026, so please confirm when you book.

What is Invisalign Teen at Core Dental?

Invisalign Teen at Core Dental is designed for teenagers and includes wear indicators and extra replacement aligners in case one is lost. A clinician assesses whether it suits your teenager's teeth and bite.

How quickly can Invisalign Express work?

Invisalign Express at Core Dental covers up to 7 aligners for minor tooth shifting or very mild crowding, and results are possible in as little as 3 months for suitable cases. Results vary for each person.

Can I pay for Invisalign in instalments at Core Dental?

Core Dental offers Payright interest-free plans up to $20,000 over 3 to 30 months with fortnightly instalments, subject to eligibility and approval. Terms were published as at September 2026, so please confirm them when you book.

Which Core Dental clinics offer Invisalign?

Invisalign or clear aligners are listed at Core Dental Southbank, South Melbourne, Caroline Springs, Epping, Wyndham, Berwick and Glenferrie. Call 13 13 16 to confirm availability at Carrum Downs and Bayside.

Does Core Dental give a price for Invisalign online?

No. Core Dental Invisalign fees vary with diagnosis, complexity and the treatment plan, so we provide a written estimate from your treating practice before you proceed. Call 13 13 16 to arrange an assessment.

How do I book Invisalign at Core Dental?

Call Core Dental on 13 13 16 or book online through your practice page at coredental.com.au. Tell us you would like an Invisalign consultation so we can arrange the right appointment.