Types of Invisalign: Express, Lite, Moderate | Core Dental

Canonical: https://www.coredental.com.au/orthodontics/invisalign-treatment/types-of-invisalign/

Details:

We offer several types of Invisalign treatment, Invisalign Express, Invisalign Lite, Invisalign Moderate, Invisalign Comprehensive and Invisalign Teen, so that the plan fits the level of tooth movement you need. The right type depends on your teeth, your bite and your goals, and we confirm it at a consultation with one of our dentists or specialist orthodontists. Core Dental is recognised as an Invisalign Blue Diamond provider. Results and treatment times vary for each person.

Which types of Invisalign treatment do we offer?

Invisalign uses a series of clear, removable, custom-made aligners that move teeth gradually. The aligner types we offer differ mainly in how many aligners are used and how much movement they are designed to achieve:

Invisalign Express, for very minor changes

Invisalign Lite, for mild to moderate movement

Invisalign Moderate, for a wide range of common problems

Invisalign Comprehensive, for more complex bite and alignment issues

Invisalign Teen, designed for teenagers

What is Invisalign Express and who may it suit?

Invisalign Express may suit people who have had braces in the past and notice minor shifting of their teeth over time, or people with very minor crowding. It uses a maximum of 7 aligners and has the shortest treatment time of the Invisalign options, and in some cases treatment can take as little as 3 months. Your dentist will tell you whether your case is simple enough for this option, because results vary.

What is Invisalign Lite designed to treat?

Invisalign Lite is designed for mild to moderate malocclusion, or a bad bite, that needs mild to moderate tooth movement. It also suits people who want a shorter treatment time than the Moderate option. It uses a maximum of 14 aligners and is designed to deliver a moderate change to the teeth.

How many aligners does Invisalign Moderate use, and what does it treat?

Invisalign Moderate uses 18 to 36 aligners for the upper and lower teeth, and the exact number depends on your individual treatment plan and how complex your case is. It is designed to correct a wide range of orthodontic problems, including overcrowding, widely spaced teeth, crossbite, overbite and underbite.

What is Invisalign Comprehensive used for, and who provides it?

Invisalign Comprehensive is used to treat severe bite and alignment issues. This type of plan is typically delivered by our specialist orthodontists. Our orthodontist team includes Dr David Austin and Dr Steven Smith , who are listed on our team page as Specialist Orthodontists. Some complex cases may call for additional specialist input, which your orthodontist will explain.

What is Invisalign Teen?

Invisalign Teen is designed for teenagers and offers an almost invisible alternative to traditional braces. It uses custom-made clear aligners that are changed every two to three weeks. Our practices use compliance indicators with Invisalign Teen, which help show how long the aligners have been worn. Younger children may be assessed from about age 9 to 10, and you can read more on our children's braces and Invisalign page.

How do you find out which Invisalign plan is right for you?

Every mouth is different, so we do not choose a type from a photo. At a consultation, our dentist or specialist orthodontist examines your teeth and bite, takes records and imaging where appropriate, and explains which plan is suitable, how many aligners it may involve, the likely treatment time and the costs. You will also hear about the risks and limits, such as the need to wear aligners as directed and to wear retainers afterwards. Alternatives such as orthodontic braces and internal lingual braces are explained too.

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

Fees depend on the type of Invisalign plan and the complexity of your case, so we give you a written quote before treatment starts. Our Invisalign fees page has more information. 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. These terms were published as at September 2026, so please confirm current terms with our team. HICAPS claiming is available on-site, and any rebate depends on your own health fund cover.

Where can you have Invisalign at Core Dental?

Practices that list Invisalign among their services include Southbank , South Melbourne , Caroline Springs , Wyndham , Berwick and Glenferrie . Please call 13 13 16 to confirm availability at your nearest practice and whether a specialist orthodontist is attending.

Why can't the right plan be chosen from a photograph?

The plans above differ mainly in how many aligners they run and how much movement they are designed to achieve. Matching a case to the right one is a diagnosis, not a selection from a menu, and that distinction has a formal basis in Australia.

The Australian Dental Association's policy on teledentistry states that "it is not acceptable for patients to receive procedural dental treatment without an in-person examination and the ability to directly contact their dental practitioner", and notes more generally that "teledentistry is not suitable for procedural dental care." Choosing between a short, limited-movement plan and a comprehensive one determines what force will be applied to which teeth over what period, so it sits squarely inside procedural care.

What an in-person examination contributes to that choice is specific. A limited plan assumes the bite is otherwise sound and the movement required is confined to a few teeth. Establishing that requires assessing how the teeth meet, whether the gums and supporting bone can take the movement, and whether anything else needs treating first. A case put into a plan too small for it does not simply take longer; it can finish with the original problem partly corrected and a new one introduced.

The ADA's framing of when remote care is appropriate is that it should be used where "direct face-to-face treatment or specialist advice cannot be provided" — as a substitute for unavailable care rather than a cheaper default.

Source: Australian Dental Association, Policy Statement 6.28, ada.org.au (last reviewed June 2025; accessed 3 November 2026).

Who decides, and what does their registration mean?

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 in it requires a qualification in the specialty, all the requirements for general registration as a dentist, and a minimum of two years general dental practice.

A general dentist may provide aligner treatment, and many do. What distinguishes a registered specialist orthodontist is the formal registration, which is recorded publicly: Ahpra publishes an online register of dental practitioners showing current registration status and, for those with specialist registration, the specialty concerned. You can check at ahpra.gov.au which applies to the clinician proposing your plan.

The Board's scope of practice registration standard also sets the general rule that governs who should be doing what. 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." The more movement a plan involves, the more that requirement bears on who should be delivering it — which is a reasonable thing to ask about when a comprehensive plan is recommended.

Sources: Dental Board of Australia, Specialist Registration, dentalboard.gov.au (page reviewed 18 March 2025); Dental Board of Australia, Scope of practice registration standard, dentalboard.gov.au (effective 1 July 2020). Both accessed 3 November 2026.

Frequently asked questions

Are Invisalign aligners removable?

Yes. Invisalign aligners are removable, so you can eat, brush and clean between your teeth as usual. They work only when worn as directed, so wearing them consistently is important.

How many aligners will I need?

It depends on the plan. Express uses a maximum of 7, Lite a maximum of 14 and Moderate 18 to 36. Comprehensive and Teen plans vary with your case.

Is Invisalign suitable for teenagers?

Invisalign Teen is designed for teenagers, with aligners changed every two to three weeks. We assess each young person individually, and parents are welcome at the consultation.

Can Invisalign fix every bite problem?

Not always. Some bite and alignment problems need other approaches, such as braces or specialist input. Your dentist or orthodontist will explain what is realistic for you.

How do I start?

Book a consultation by calling 13 13 16 or booking online. We will examine you, explain the options and give you a written plan and quote.

Can I pick my own aligner plan?

Not sensibly, and not remotely. The plans differ in how much tooth movement they are designed to deliver, so matching a case to one is a clinical diagnosis. The Australian Dental Association's teledentistry policy states that procedural dental treatment should not be provided without an in-person examination and the ability to contact your practitioner directly.

What happens if a case is put into a plan that is too limited?

It does not simply take longer. A plan designed for limited movement assumes the bite is otherwise sound; where it is not, treatment can finish with the original problem only partly corrected. Establishing which plan fits requires assessing how the teeth meet and whether the gums and supporting bone can take the movement.

Does a specialist orthodontist have to provide a comprehensive plan?

Not as a rule, but the question is a fair one. Orthodontics is one of the thirteen dental specialties recognised by the Dental Board of Australia, and a general dentist may also provide aligner treatment. The Board's scope of practice standard requires that practitioners only perform treatment for which they have been educated and trained and in which they are competent. The Ahpra register at ahpra.gov.au shows whether a clinician holds specialist registration.

How do I check who is providing my treatment?

Ahpra publishes an online register of every dental practitioner in Australia, showing current registration status and recording the specialty of any dentist with specialist registration. Look the name up at ahpra.gov.au.

Related services and further reading

Invisalign treatment

Invisalign fees

Invisalign frequently asked questions

Children's braces and Invisalign

Orthodontics

Orthodontic braces

Internal lingual braces

Specialist orthodontist

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: Monday to Friday 8.00am to 6.00pm and Saturday mornings.

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

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

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.

Which types of Invisalign does Core Dental offer?

Core Dental offers Invisalign Express, Invisalign Lite, Invisalign Moderate, Invisalign Comprehensive and Invisalign Teen. Each is designed for a different level of tooth movement, and our dentists or specialist orthodontists confirm the right one after an examination.

How many aligners does Invisalign Express use?

At Core Dental, Invisalign Express uses a maximum of 7 aligners and has the shortest treatment time of our Invisalign options, in some cases as little as 3 months. It suits very minor crowding or minor shifting after past braces.

What does Invisalign Lite treat at Core Dental?

Invisalign Lite at Core Dental is designed for mild to moderate malocclusion needing mild to moderate tooth movement, or for people wanting a shorter plan than Moderate. It uses a maximum of 14 aligners.

What problems does Invisalign Moderate correct?

Invisalign Moderate at Core Dental uses 18 to 36 aligners and is designed for a wide range of problems, including overcrowding, widely spaced teeth, crossbite, overbite and underbite. The exact number depends on your treatment plan.

Who delivers Invisalign Comprehensive at Core Dental?

Invisalign Comprehensive treats severe bite and alignment issues and is typically delivered by our specialist orthodontists at Core Dental. Your orthodontist explains whether your case needs this plan and any additional specialist input.

How often are Invisalign Teen aligners changed?

Invisalign Teen aligners at Core Dental are custom made, clear and changed every two to three weeks. Our practices use compliance indicators with Teen aligners, and we assess each young person individually.

Which Core Dental clinics offer Invisalign?

Our Southbank, South Melbourne, Caroline Springs, Wyndham, Berwick and Glenferrie practices list Invisalign. Call Core Dental on 13 13 16 to confirm availability and whether a specialist orthodontist attends your nearest practice.

How can I pay for Invisalign at Core Dental?

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

How do I book an Invisalign consultation at Core Dental?

Call Core Dental on 13 13 16 or book online at coredental.com.au. We will arrange an examination with a dentist or specialist orthodontist, who explains which Invisalign type suits you and gives a written plan.