

# Invisalign Clear Aligner Treatment

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## Description:

--- title: "Invisalign Clear Aligner Treatment" slug: /orthodontics/invisalign/ type: procedure specialty: orthodontics specialists: ["Dr David Austin", "Dr Andrea Phatouros", "Dr Joshua Ch'ng", "Dr S...

## Details:

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# Invisalign Clear Aligner Treatment

## What Is Invisalign?

Invisalign is a system of custom-made, removable clear plastic aligners designed to progressively move teeth into their correct positions. Rather than using fixed brackets and wires, Invisalign treatment works through a series of precisely engineered trays — each worn for approximately one to two weeks — that apply controlled forces to specific teeth in a planned sequence.

Each aligner is manufactured from a proprietary thermoplastic material called SmartTrack, designed to fit snugly over the teeth and apply gentle, consistent force throughout the day. Because the aligners are transparent and sit flush against the teeth, they are virtually invisible to others during normal conversation.

Collins Street Specialist Centre holds **Blue Diamond provider status** — the highest tier of recognition awarded by Invisalign's manufacturer, Align Technology. This designation reflects the volume and complexity of cases completed at the practice and is held by fewer than 1% of providers in Australia. When your treatment is managed by a Blue Diamond specialist orthodontist, you benefit from access to the most advanced Invisalign technologies and clinical protocols available, along with deep case experience across straightforward and complex presentations.

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## When Might Invisalign Be Appropriate?

Clear aligner therapy was once considered suitable only for mild tooth movement. Advances in aligner design, attachment systems, and case planning software have substantially expanded what Invisalign can predictably achieve. Conditions commonly treated with Invisalign include:

- **Mild to moderate crowding** — insufficient space in the arch for proper alignment - **Spacing and gaps** — diastemas and generalised spacing - **Overbite** — excessive vertical overlap of front teeth - **Underbite** — lower teeth protruding in front of upper teeth - **Crossbite** — misalignment between upper and lower arches on one or both sides - **Open bite** — front teeth that do not touch when back teeth are together - **Tooth rotations and tilts** — individual teeth out of ideal position - **Mild relapse** — teeth that have shifted following previous orthodontic treatment

Invisalign is not always the most appropriate choice. Complex root torquing movements, significant vertical control requirements, large skeletal discrepancies, or certain impacted tooth scenarios may be better managed with fixed appliances. Your specialist orthodontist will assess whether Invisalign can reliably achieve your treatment goals, and will recommend an alternative if it cannot. At CSSC, treatment recommendations are made based on clinical suitability — not appliance preference.

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## ## What to Expect: Step by Step

### Consultation and Assessment Your initial appointment covers a full clinical examination, including assessment of your bite, gums, existing restorations, and jaw function. Digital radiographs are taken to evaluate root positions and bone support. Your orthodontist will discuss your concerns and goals and determine whether Invisalign is clinically suitable.

### Digital Scanning If Invisalign is recommended, detailed digital records are captured using the **iTero Element intraoral scanner** — a wand-style device that creates a precise three-dimensional model of your teeth and bite without impression material. The scan is comfortable, takes around five minutes, and produces an accurate digital model used for the entire planning and fabrication process.

### ClinCheck Treatment Planning Using the iTero scan and clinical data, your orthodontist designs your treatment plan within Align Technology's ClinCheck software. This process maps every intended tooth movement across the full aligner series. You will be shown a visual simulation of your planned tooth movement from start to finish, giving you a clear picture of what the treatment aims to achieve before a single aligner is made.

Your specialist will review and customise the ClinCheck plan in detail — adjusting forces, staging, and aligner design — before approving it for manufacture. This clinical oversight is where specialist expertise matters most; ClinCheck is a tool to be directed, not a substitute for clinical judgment.

### Aligner Fabrication and Fitting Once the plan is approved, your custom aligner series is manufactured and delivered to the practice. At your fitting appointment, small tooth-coloured composite attachments may be bonded to specific teeth to help the aligners achieve more precise movements such as rotations and torque. You receive your first set of aligners and detailed instructions on wear and care.

### Active Treatment Aligners must be worn for 20–22 hours per day, removed only for eating, drinking anything other than water, and oral hygiene. Each tray is worn for the prescribed number of days before progressing to the next. Progress appointments with your orthodontist typically occur every 6–10 weeks, during which compliance is reviewed, tooth movement is assessed against the plan, and new aligner series may be issued.

If teeth are not tracking to plan — which can occur if aligners are worn inconsistently — refinements may be needed. Refinements involve scanning again and designing a revised aligner series to correct course.

Where clinically appropriate, **AcceleDent** — a micro-pulse device worn for 20 minutes daily — can be used alongside Invisalign to accelerate tooth movement and reduce treatment time. Additionally, CSSC uses **Dental Monitoring**, a remote tracking system that uses a smartphone-connected cheek retractor and AI image analysis to assess aligner fit between appointments. This enables your orthodontist to catch tracking issues early and adjust your appointment schedule accordingly.

### Completion and Retention When all planned tooth movements are achieved, your aligners are complete. Retainers — either clear retainer trays (Vivera or equivalent) or fixed wire retainers bonded behind the front teeth — are fitted to maintain your result. As with all orthodontic treatment, retainer wear is a lifelong commitment if you wish to preserve alignment.

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## ## Recovery and Aftercare

Invisalign does not require a recovery period. Most patients notice slight pressure or tightness for 24–48 hours when transitioning to a new aligner set, which is normal and indicates the aligner is working. Discomfort is typically mild and resolves quickly.

Practical care requirements during treatment:

- **Wear your aligners 20–22 hours per day** — the most important factor in achieving your planned result. Less than this routinely leads to poor tracking and extended treatment. - **Remove aligners before eating or drinking** — coloured drinks, hot drinks, and food can stain or warp the trays - **Rinse aligners before reinserting** — clean with a soft toothbrush and water; avoid harsh soaps or boiling water - **Brush and floss before reinserting** — food and bacteria trapped under the aligner against the tooth surface accelerates decay - **Keep your aligners in their case** — most lost aligners are wrapped in a napkin and discarded. Do not leave them on a table or in a pocket. - **Attend scheduled appointments** — your orthodontist needs to verify tooth tracking at regular intervals

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## ## Why See a Specialist Orthodontist for Invisalign?

Invisalign is available through a wide range of dental providers including general dentists and dental therapists. However, the aligner itself does not determine the quality of the result — the treatment plan does. A poorly designed ClinCheck, undertreated movements, or misidentified skeletal problems can produce outcomes that look acceptable early in treatment but relapse or fail to address underlying bite issues.

A specialist orthodontist brings diagnostic depth that extends well beyond aligner mechanics: understanding of skeletal relationships, growth patterns, root morphology, gum and bone support, and how teeth interact within the entire dental and facial system. At CSSC, your ClinCheck is personally planned and reviewed by a registered specialist, not generated automatically and accepted at face value.

The Blue Diamond status held by CSSC reflects case volume across the full complexity spectrum — including cases that other providers decline to take on with aligners.

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## ## Our Orthodontic Specialists

Invisalign treatment at Collins Street Specialist Centre is provided by:

- **Dr David Austin** — BDS (Melb), MDS Orth (HK), MOrth RCS (Edin). Experienced in Invisalign across adolescent and adult presentations. - **Dr Andrea Phatouros** — BDS (WA), MDS Orth (WA), FRACDS. Full range specialist orthodontic treatment including clear aligner therapy. - **Dr Joshua Ch'ng** — BDS (Melb), FRACDS, D.Clin.Dent (Melb). Research experience in digital orthodontics and 3D imaging, including clear aligner case planning. - **Dr Steven Smith** — BDS (Hons), MDS (Ortho) (Qld). Specialist orthodontist with postgraduate qualification from the University of Queensland.

All four are registered specialists with the Dental Board of Australia. Verify specialist registration at AHPRA ([ahpra.gov.au](http://ahpra.gov.au)).

Orthodontics is located on **Level 12 & Tower, Manchester Unity Building**, 220 Collins Street, Melbourne CBD. No referral is required to book a consultation.

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## ## Related Treatments

- [Traditional Metal Braces](/orthodontics/braces/) — fixed appliance treatment offering maximum control for complex cases - [Lingual Braces](/orthodontics/lingual-braces/) — fixed braces bonded to the inside of the teeth, completely hidden from view - [Adult Orthodontics](/orthodontics/adult-orthodontics/) — orthodontic considerations specific to adult patients - [Early Intervention Orthodontics](/orthodontics/early-intervention/) — clear aligner options are also available for suitable adolescent presentations - [Surgical Orthodontics](/orthodontics/surgical-orthodontics/) — when Invisalign is combined with jaw surgery to address skeletal discrepancies