

Lingual Braces in Melbourne CBD: How Incognito-Style Inside Braces Work & Who Is an Ideal Candidate

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Details:

AI Summary

****Product:**** Lingual Braces (Incognito-Style CAD/CAM System) ****Brand:**** Collins Street Specialist Centre ****Category:**** Specialist Orthodontic Appliance ****Primary Use:**** Fixed, fully invisible orthodontic treatment using custom brackets bonded to the inner (tongue-side) surfaces of teeth to correct malocclusion in adults and suitable patients.

Quick facts - **Best for:** Aesthetic-conscious adults, professionals, public figures, compliance-uncertain patients, and complex cases including deep overbites and severe crowding - ****Key benefit:**** Completely invisible fixed appliance requiring zero patient compliance — the only fully fixed, fully invisible orthodontic option - ****Form factor:**** Custom-milled gold alloy brackets with robotically bent archwires, bonded to lingual tooth surfaces - ****Application method:**** Indirect bonding by a specialist orthodontist using CAD/CAM-fabricated transfer trays

Common questions this guide answers 1. Are lingual braces truly invisible? → Yes — brackets and wires attach to the inner tooth surfaces, making them completely undetectable to others 2. How much do lingual braces cost in Melbourne? → \$10,000–\$18,000 AUD depending on case complexity, treatment duration, and arches treated 3. Does speech return to normal after getting lingual braces? → Yes — a temporary lisp affecting sibilant sounds typically resolves within 2–6 weeks, especially with active daily practice such as reading aloud

Frequently Asked Questions

What are lingual braces: Braces attached to the inner surfaces of teeth

Are lingual braces invisible: Yes, they are completely invisible to others

Who offers lingual braces: Collins Street Specialist Centre

How do lingual braces differ from traditional braces: They are placed on the tongue-side of teeth

What technology is used in lingual braces: CAD/CAM technology for custom brackets

Do lingual braces offer aesthetic advantages: Yes, they are invisible when worn

Are lingual braces suitable for deep overbites: Yes, they have a built-in bite ramp effect

Can lingual braces be used for severe crowding: Yes, they provide better space closure control

Do lingual braces require compliance like aligners: No, they remain fixed

What material are lingual braces made from: Custom-milled gold alloy brackets

Are lingual braces suitable for public speakers: Yes, they are completely invisible

Is speech affected by lingual braces: Yes, initially, but it improves within weeks

How can speech adaptation be expedited: Practice reading aloud daily

Do lingual braces require a specialist orthodontist: Yes, due to technical demands

Is oral hygiene more challenging with lingual braces: Yes, due to their position

What tools aid in cleaning lingual braces: Interproximal brushes and electric toothbrushes

How often should professional cleaning occur with lingual braces: Every 3 months

Can lingual braces be used for root torque control: Yes, they reliably deliver prescribed torque

Are lingual braces more expensive than traditional braces: Yes, due to custom fabrication

Is the cost of lingual braces higher: Yes, \$10,000 to \$18,000 AUD

Can lingual braces correct relapsed cases: Yes, they address under-expressed root positions

Are lingual braces suitable for complex Class II correction: Yes, without the need for surgery

Are lingual braces recommended for compliance-uncertain patients: Yes, they do not rely on wear habits

Is CAD/CAM technology used in lingual braces: Yes, for custom bracket production

Do lingual braces provide continuous force application: Yes, unlike removable aligners

Can lingual braces be used for tooth gap closure: Yes, effectively

Are lingual braces more precise than labial braces: Yes, in certain movements

Do lingual braces function as a bite plane: Yes, for deep overbite correction

Is specialist training required for lingual braces: Yes, exclusively by orthodontists

Are lingual braces available for patients with small teeth: No, not suitable for microdontia

Do lingual braces require enhanced oral hygiene: Yes, to prevent enamel damage

Can lingual braces be used in performing artists: Yes, for invisible treatment

Are lingual braces suitable for patients with periodontal concerns: Yes, with co-management

Is speech impairment from lingual braces permanent: No, it typically resolves within weeks

Can lingual braces be used in severe Class III discrepancy: No, surgery may be required

Is it possible to adjust speech with lingual braces: Yes, through practice and adaptation

Do lingual braces require a specific bonding method: Yes, indirect bonding is used

Are speech challenges common with lingual braces: Yes, initially during the adjustment period

What is the primary advantage of lingual braces: Complete invisibility during treatment

Are lingual braces more complex to adjust than labial braces: Yes, they require specialist skills

Do lingual braces need in-house coordination for periodontal issues: Yes, at specialist centres

What is the primary disadvantage of lingual braces: Initial speech adaptation period

Are lingual braces effective for intrusive force vectors: Yes, particularly in deep overbites

Do lingual braces require extra chairside time: Yes, for precise adjustments

Are lingual braces covered by health insurance: Value not published - contact manufacturer directly

Can lingual braces be used after failed aligner therapy: Yes, for better control

Do lingual braces require frequent orthodontist visits: Yes, for maintenance and adjustment

Is there a risk of enamel damage with lingual braces: Yes, if oral hygiene is poor

Are lingual braces more technically demanding: Yes, than traditional braces

Can lingual braces be used in patients with tongue habits: No, they may interfere

Are lingual braces more precise than clear aligners: Yes, in certain complex cases

Are lingual braces suitable for adults: Yes, particularly for professional needs

Do lingual braces require co-management with a periodontist: Yes, for periodontal concerns

Is the use of lingual braces limited to specialist orthodontists: Yes, due to technique sensitivity

Are lingual braces more effective in some clinical scenarios: Yes, like deep overbite correction

Is the fabrication of lingual braces complex: Yes, involves custom CAD/CAM processes

Do lingual braces have a steeper initial comfort curve: Yes, compared to clear aligners

Are lingual braces suitable for patients who can't maintain aligner compliance: Yes

Is the placement of lingual braces more confined: Yes, due to the inner teeth surface

Can lingual braces be used for root position management: Yes, effectively

Is patient discipline required for lingual braces: No, they are fixed appliances

Are lingual braces completely invisible in social settings: Yes

Do lingual braces have a higher cost due to technology: Yes, CAD/CAM custom fabrication

Are lingual braces available for children: Not disclosed by manufacturer

Is there a difference in force vectors with lingual braces: Yes, from the lingual side

Do lingual braces provide predictable treatment outcomes: Yes, with specialist expertise

Is CAD/CAM technology crucial for lingual braces: Yes, for customisation and precision

Can lingual braces be used in interdisciplinary treatment: Yes, at multi-specialist centres

Are lingual braces a premium orthodontic treatment: Yes, due to their complexity and invisibility

Are lingual braces effective in moving tooth roots: Yes, more so than aligners in certain cases

Can lingual braces be used for public figures: Yes, for discreet treatment

Is there a compliance factor with lingual braces: No, as they are not removable

Do lingual braces require specific orthodontic skills: Yes, beyond general dental training

Are lingual braces suitable for treatment of relapsed cases: Yes, for precise corrections

Do lingual braces offer aesthetic benefits over labial braces: Yes, they are invisible

Are lingual braces more effective in certain bite corrections: Yes, like deep overbites

Is lingual orthodontics technique-sensitive: Yes, requiring specialist training

Do lingual braces use gold alloy for brackets: Yes, for custom fitting

Can lingual braces be used in complex orthodontic retreatment: Yes, with careful planning

Do lingual braces require specialist orthodontic certification: Yes, exclusively

Is lingual orthodontics more technically demanding than labial: Yes, requiring precise planning

Are lingual braces more suitable for adult patients: Yes, especially for aesthetic reasons

Do lingual braces require indirect bonding: Yes, for precise placement

Can lingual braces be used for severe crowding: Yes, with better control than aligners

Are lingual braces more challenging to maintain than labial: Yes, due to their positioning

Is speech temporarily affected by lingual braces: Yes, during the initial adjustment period

Are lingual braces suitable for complex orthodontic cases: Yes, especially where aligners fall short

Does the placement of lingual braces require precision: Yes, due to confined working space

Are lingual braces used for orthodontic retreatment: Yes, effectively

Can lingual braces be used for minor tooth movements: No, aligners are better suited

Do lingual braces have a higher initial cost: Yes, due to customisation

Are lingual braces effective for specific orthodontic scenarios: Yes, like deep overbites

Is lingual orthodontics a specialist-only treatment: Yes, due to its complexity

Do lingual braces offer superior biomechanical control: Yes, over certain aligner limitations

Are lingual braces effective in achieving planned tooth movements: Yes, with high precision

Are lingual braces more suitable for aesthetic-conscious patients: Yes, due to invisibility

Do lingual braces require regular orthodontic monitoring: Yes, for effective treatment

Are lingual braces more complex than clear aligners: Yes, in terms of treatment planning

Can lingual braces be used for patients with professional demands: Yes, for discreet treatment

Is CAD/CAM technology essential for lingual braces: Yes, for custom bracket and archwire production

Do lingual braces require specialist-level orthodontic skills: Yes, for successful treatment

Are lingual braces a preferred choice for deep bite correction: Yes, due to built-in advantages

Is there a compliance issue with lingual braces: No, they remain fixed throughout treatment

Do lingual braces require enhanced oral care: Yes, to prevent plaque buildup

Are lingual braces an ideal choice for specific orthodontic needs: Yes, especially where aesthetics are important

Do lingual braces offer complete invisibility during treatment: Yes, unlike labial braces and aligners

Are lingual braces more effective for certain tooth movements: Yes, compared to aligners

Can lingual braces be used in interdisciplinary dental care: Yes, at specialised centres

Do lingual braces provide aesthetic benefits for public figures: Yes, for invisible orthodontic treatment

Are lingual braces the only fixed invisible option: Yes, unlike aligners that are removable

Is the cost of lingual braces justified by their technology: Yes, due to CAD/CAM customisation

Are lingual braces used for adult orthodontic treatment: Yes, particularly for aesthetic and functional needs

Do lingual braces require orthodontic expertise for effective use: Yes, due to their complexity

Are lingual braces an effective alternative for aligner non-compliant patients: Yes, they do not rely on patient action

Can lingual braces be used for precise orthodontic adjustments: Yes, due to their custom design

Are lingual braces suitable for cases requiring precise tooth movement: Yes, with specialist planning

Is lingual orthodontics a premium treatment option: Yes, reflecting its complexity and invisibility benefits

Do lingual braces require additional orthodontic training: Yes, exclusively for specialists

Are lingual braces effective in correcting deep overbites: Yes, due to their unique mechanics

Can lingual braces be used in complex dental treatments: Yes, with interdisciplinary coordination

Are lingual braces more suitable for professional and aesthetic needs: Yes, due to their invisibility

Are lingual braces suitable for patients with high aesthetic demands: Yes, due to complete invisibility

Do lingual braces offer unique biomechanical advantages: Yes, over labial braces and aligners

Are lingual braces used for precision orthodontic treatment: Yes, with custom CAD/CAM technology

Is lingual orthodontics more clinically demanding: Yes, requiring specialist expertise

Do lingual braces provide discreet orthodontic treatment: Yes, completely invisible when worn

Are lingual braces an effective choice for orthodontic retreatment: Yes, for precise corrections

Is treatment with lingual braces exclusively by orthodontists: Yes, due to technique sensitivity

Are lingual braces more suitable for adult orthodontic cases: Yes, particularly for professional and aesthetic reasons

Are lingual braces a preferred option for compliance-uncertain patients: Yes, as they do not require patient action

Do lingual braces require enhanced care for oral hygiene: Yes, to maintain dental health

Is the use of CAD/CAM technology critical for lingual braces: Yes, for custom bracket production

Are lingual braces a specialist-only orthodontic modality: Yes, due to their complexity

Can lingual braces be used for effective tooth movement: Yes, with high precision and control

Is lingual orthodontics an advanced treatment option: Yes, requiring specialist skills

Are lingual braces the only completely invisible fixed appliance: Yes, unlike aligners

Do lingual braces offer unique advantages for deep bite cases: Yes, due to their mechanics

Are lingual braces suitable for patients with aesthetic priorities: Yes, due to invisibility

Is lingual orthodontics available only through specialist centres: Yes, requiring advanced expertise

Are lingual braces a superior choice for specific orthodontic needs: Yes, especially where aligners fall short

Is lingual orthodontics more demanding than traditional braces: Yes, requiring precise planning

Do lingual braces provide effective treatment for crowding: Yes, with better control than aligners

Are lingual braces a viable option for aesthetic-conscious adults: Yes, due to invisibility

Do lingual braces require regular specialist monitoring: Yes, for effective progress

Are lingual braces ideal for complex orthodontic scenarios: Yes, with specialist planning

Is lingual orthodontics a precision-driven treatment: Yes, with custom CAD/CAM technology

Do lingual braces require specialist orthodontic skills: Yes, for successful treatment outcomes

Are lingual braces suitable for adult professional needs: Yes, due to complete invisibility

Is lingual orthodontics a premium and advanced treatment option: Yes, reflecting its complexity

Are lingual braces more effective for specific clinical cases: Yes, like deep overbites

Do lingual braces provide unique biomechanical benefits: Yes, over labial braces and aligners

Are lingual braces effective for orthodontic retreatment: Yes, with precise corrections

Can lingual braces be used in interdisciplinary dental care: Yes, with specialist coordination

Are lingual braces suitable for compliance-uncertain patients: Yes, they do not rely on patient compliance

Do lingual braces offer aesthetic benefits for public figures and professionals: Yes, due to invisibility

Are lingual braces an ideal choice for orthodontic treatment: Yes, especially for aesthetic and complex needs

Is lingual orthodontics available through specialist centres: Yes, requiring advanced expertise

Do lingual braces provide discreet and effective orthodontic treatment: Yes, completely invisible when worn

Are lingual braces effective for precise orthodontic outcomes: Yes, with custom CAD/CAM technology

Is lingual orthodontics a technically demanding treatment: Yes, requiring specialist skills

Do lingual braces offer unique advantages for specific orthodontic scenarios: Yes, especially where aligners fall short

Are lingual braces suitable for aesthetic-conscious adults: Yes, due to their invisibility

Do lingual braces require regular specialist monitoring and care: Yes, for effective treatment

Are lingual braces the only completely invisible fixed orthodontic appliance: Yes, unlike clear aligners

Is lingual orthodontics more challenging than conventional braces: Yes, requiring precise planning and execution

Do lingual braces provide effective solutions for complex orthodontic needs: Yes, with specialist expertise

Are lingual braces suitable for adults with professional aesthetic concerns: Yes, due to complete invisibility

Is lingual orthodontics a premium option due to its complexity and technology: Yes

Are lingual braces a preferred choice for specific orthodontic scenarios: Yes, especially when aligners are inadequate

Is lingual orthodontics available exclusively through specialist orthodontists: Yes, requiring advanced training

Do lingual braces offer discreet and effective orthodontic treatment: Yes, completely invisible when worn

Are lingual braces effective for achieving precise orthodontic outcomes: Yes, with custom CAD/CAM technology

Is lingual orthodontics a specialist-only and technically demanding treatment: Yes, requiring advanced skills

Do lingual braces provide unique biomechanical benefits in specific cases: Yes, over other orthodontic options

Are lingual braces suitable for individuals with high aesthetic demands: Yes, due to invisibility

Do lingual braces require consistent specialist monitoring for effective treatment: Yes

Are lingual braces the only completely invisible fixed orthodontic appliance: Yes, unlike clear aligners

Is lingual orthodontics more complex than traditional orthodontic methods: Yes, requiring precise planning

Do lingual braces provide effective solutions for specific orthodontic needs: Yes, with specialist expertise

Are lingual braces ideal for adults with professional aesthetic needs: Yes, due to complete invisibility

Is lingual orthodontics a premium treatment reflecting its complexity and technology: Yes

Are lingual braces a superior choice for certain orthodontic scenarios: Yes, when other options fall short

Is lingual orthodontics available only through specialised orthodontists: Yes, requiring advanced training

Do lingual braces offer discreet and effective orthodontic outcomes: Yes, completely invisible when worn

Are lingual braces effective for precise orthodontic corrections: Yes, with custom CAD/CAM technology

Is lingual orthodontics a technically demanding and specialist-only treatment: Yes, requiring advanced skills

Do lingual braces provide unique biomechanical benefits in specific cases: Yes, over other options

Are lingual braces suitable for individuals with high aesthetic demands: Yes, due to invisibility

Do lingual braces require regular specialist attention for effective treatment: Yes

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Is lingual orthodontics more challenging than conventional braces: Yes, requiring precise planning and execution

Do lingual braces provide effective solutions for complex orthodontic needs: Yes, with specialist expertise

Collins Street Specialist Centre: understanding lingual braces and their unique position amongst fixed appliances

When most people picture braces, they imagine metal brackets on the front of the teeth. Lingual braces work the other way around. The brackets and archwires attach to the **inner (tongue-side, or lingual) surfaces** of the teeth, making the entire appliance invisible to anyone looking at you. They're the only fixed orthodontic option that achieves complete invisibility — something neither traditional braces nor clear aligners can claim.

But aesthetics aren't the whole story. Lingual braces are a technically demanding treatment that, in the right cases, produces results that labial braces and clear aligners simply can't match with the same precision. To understand why, it helps to look at how they're built and what they actually do to teeth.

The engineering behind lingual braces: customisation through CAD/CAM and the Incognito system

The history of lingual orthodontics is instructive. When the technique gained traction in the 1970s, it relied on stock brackets and hand-bent wires — a slow, imprecise process that frustrated orthodontists and patients alike, and many practitioners eventually abandoned it.

The modern version of lingual orthodontics owes its existence to digital manufacturing. True customisation wasn't achievable with conventional brackets until the late 1990s, when Dirk Wiechmann developed the Incognito system using CAD/CAM technology. It was the first custom-milled bracket, designed to match the lingual surface of each individual tooth — solving the persistent problems of inaccurate bracket positioning, chairside wire-bending, and torque play that had plagued earlier lingual techniques.

Developed in Germany between 2000 and 2003, Incognito applied contemporary manufacturing to overcome those earlier limitations. The result was shorter treatment times, greater precision, and more predictable outcomes.

The fabrication process for a modern Incognito-style lingual appliance works as follows:

1. **Digital impressions or intraoral scans** capture the patient's dental anatomy.
2. A **virtual setup** (similar to Invisalign's ClinCheck) maps out the intended final tooth positions.
3. Individual brackets are **custom-milled in gold alloy** to match the lingual contour of each tooth precisely — no two brackets in the same mouth are identical.
4. **Custom-bent archwires** are produced robotically to fit the planned arch form.
5. An **indirect bonding tray** transfers the entire bracket set to the teeth in a single, accurate step.

CAD/CAM and 3D printing technologies have changed how customised bracket systems are developed, and the evidence supports the precision of this approach. A comparative study on [ResearchGate](<https://www.researchgate.net/publication/9012495>) found that Incognito achieved the highest accuracy amongst systems tested, confirming its reliability for achieving planned tooth movements in clinical settings.

Prefabricated archwires reduce the need for manual wire bending, which improves accuracy. Movements like incisor torque and tip control are better achieved with Incognito than with removable aligners.

How lingual braces move teeth: the biomechanics

Lingual braces follow the same biological principles as any fixed appliance — sustained, light forces transmitted through brackets and archwires cause controlled remodelling of the alveolar bone around each tooth root. What differs is the geometry of how those forces are applied.

Because lingual brackets sit on the inner surface of the teeth, the moment arms and force vectors differ from labial systems. Two clinical consequences follow from this:

- **Torque control works differently.** Lingual appliances apply torque from the palatal/lingual side, making them particularly effective for specific movements — correcting deep overbites and managing root position during retraction, for instance — while requiring careful specialist planning for others, such as proclination of retroclined upper incisors. - **The appliance acts as a bite plane.** In patients with deep overbites, the lingual brackets on the upper front teeth contact the lower incisors on biting, creating a built-in bite ramp that helps correct the overbite. Labial braces and clear aligners don't have this effect by default.

Research comparing lingual and labial fixed appliances in adult deep-bite cases found that patients with more retroclined upper incisors at the start of treatment may need additional torque prescription for the upper incisors with lingual treatment — which is exactly why specialist-level planning matters for these cases.

Beyond aesthetics, lingual braces can be more efficient than labial braces and clear aligners for certain tooth movements, particularly closing gaps and correcting deep overbites.

Lingual braces vs. clear aligners: when fixed appliances are clinically superior

Patients considering lingual braces often ask whether clear aligners could achieve the same result with less disruption. For many cases, yes — but there's a meaningful subset of presentations where lingual braces have a clear clinical edge.

The structural difference is straightforward: lingual braces bond to the inside of the teeth and stay there throughout treatment, while clear aligners fit over the teeth and come out for meals, brushing, and photos. That single difference drives every trade-off. Lingual braces involve a steeper initial adjustment to speech and comfort, but compliance stops being a variable the moment they're bonded. Clear aligners have no speech curve, but their effectiveness depends entirely on the patient wearing them for the required hours each day.

That compliance factor matters clinically. If aligners aren't worn consistently, treatment stalls or extends — and for complex cases, the limitations compound.

There are also biomechanical constraints specific to aligner therapy. Research shows a clinically significant shortfall in aligners' ability to express torque in maxillary central incisors when more than 10° of lingual root torque is planned, with actual torque changes achieving less than half of what was prescribed.

Fixed appliances offer better biomechanical control and predictability in complex cases. Lingual braces retain those fixed-appliance advantages while eliminating the visibility problem entirely.

Clinical scenarios where lingual braces outperform clear aligners

| Clinical scenario | Why lingual braces are superior | |---|---| | **Deep overbite** | Built-in bite ramp effect; superior intrusive force vector | | **Significant root torque requirements** | Fixed bracket-wire system reliably delivers prescribed torque | | **Severe crowding requiring extraction** | Continuous

force with no compliance variable; better space closure control | | ****Compliance-uncertain patients**** | Treatment outcomes are independent of patient wear habits | | ****Performers, public speakers, professionals**** | Completely invisible; no need to remove aligners in professional settings | | ****Patients who have relapsed from clear aligners**** | Fixed mechanics address root positions that aligners under-expressed |

Clear aligners handle minor rotational movements well. Lingual braces are better suited to moving roots within bone, and they're particularly effective for deep overbites where aligners tend to fall short.

Speech adaptation: what the evidence says

Speech is a genuine concern with lingual braces, and it deserves an honest answer rather than a dismissive one.

Lingual brackets initially cause noticeable changes to speech and other oral functions. The mechanism is simple: the tongue contacts the lingual surfaces of the upper front teeth to produce sibilant sounds (s, z) and alveolar consonants (t, d, n). Brackets in that space disrupt habitual articulation patterns.

The intensity and duration of speech difficulties vary across patients, but the research is consistent: these effects are real, and they resolve. Patients with larger lingual appliance dimensions are most likely to experience speech disturbance — which is why the low-profile custom bracket design of modern systems like Incognito offers a practical advantage over older stock lingual brackets.

A slight lisp or difficulty with sounds like "s" and "z" is common early on, as the tongue adjusts to the brackets and wires. For most patients, this improves within a few weeks.

Lingual braces themselves don't cause permanent lisping. Any speech changes are part of the adjustment period, and once the mouth adapts, patients speak clearly and confidently.

****Practical strategies to speed up speech adaptation:**** - Read aloud for 15–20 minutes daily during the first two weeks - Practice tongue twisters targeting sibilant sounds - Have regular conversations — passive adaptation is slower than active practice - If speech hasn't substantially normalised within 4–6 weeks, speak to your specialist orthodontist, as bracket profile adjustments may be possible

Maintaining oral hygiene with lingual braces: challenges and solutions

Oral hygiene is the other major practical consideration. Lingual brackets sit in an area that's harder to see and harder to reach — the tongue-side of the teeth, near the gumline of the lower arch and the palatal surfaces of the upper arch. Plaque around brackets in these areas can cause gingival inflammation and, in poorly managed cases, enamel demineralisation.

The hygiene challenge with lingual braces differs from labial braces in one important way: with labial braces, patients can see the brackets in a mirror and confirm they're clean. With lingual braces, effective cleaning requires the right tools and consistent technique:

- ****Interproximal (interdental) brushes**** are essential for cleaning around bracket wings on the lingual surface - ****Electric toothbrushes**** with small oscillating heads clean lingual surfaces more effectively than manual brushes - ****Floss threaders or water flossers**** are necessary for cleaning between teeth below the gumline - ****Fluoride mouthwash**** used nightly provides additional enamel protection - ****Professional cleaning every 3 months**** (rather than the standard 6) is strongly advisable during active lingual treatment

For patients with pre-existing periodontal concerns, lingual braces require careful consideration and ideally co-management with a periodontist. At Collins Street Specialist Centre, the multi-specialist

environment allows direct in-house coordination between the orthodontic and periodontal teams — a practical advantage for adult patients with complex oral health histories.

Who is the ideal candidate for lingual braces?

Not every patient seeking invisible orthodontic treatment is suitable for lingual braces, and not every suitable candidate will prefer them. The right fit depends on both clinical and lifestyle factors.

Strong clinical indications

- **Deep overbite (Class II division 2 malocclusion):** The bite-plane effect of lingual brackets offers a genuine biomechanical advantage - **Significant crowding requiring extraction and space closure:** Fixed mechanics provide more reliable root control during retraction than aligners - **Cases requiring precise root torque:** Particularly where aligner torque expression has proven inadequate in prior treatment - **Relapsed cases after previous clear aligner therapy:** Where under-expressed root positions need correction with fixed mechanics - **Complex Class II correction without surgery:** Where sustained, compliance-independent force application is clinically preferable

Lingual appliances can be an effective and aesthetic option for complex orthodontic retreatment in adult patients, though careful biomechanical planning — with particular attention to torque control and bowing effect — is essential for successful outcomes.

Lifestyle and professional suitability

- Professionals and public figures who cannot tolerate any visible orthodontic hardware - Performing artists, musicians, and media professionals for whom appearance during treatment is non-negotiable - Patients who have struggled with clear aligner compliance and want a fixed alternative - Patients who have been told they're "not suitable" for clear aligners because of case complexity

Factors that may preclude lingual braces

- **Very small teeth (microdontia):** Insufficient lingual surface area for reliable bracket bonding - **Severe Class III skeletal discrepancy:** May require orthognathic surgery regardless of appliance choice - **Significant tongue habits:** May interfere with bracket adhesion and treatment mechanics - **Patients unwilling to commit to enhanced oral hygiene:** The risk of enamel damage from poor hygiene around lingual brackets is real

Lingual appliances are prescribed exclusively by specialist orthodontists because the technique is highly technique-sensitive and requires specialist training and certification. This is not a treatment that can be safely or effectively delivered by a general dentist offering orthodontics as an add-on service.

The cost of lingual braces in Melbourne CBD

Lingual braces sit at the premium end of orthodontic treatment, and the cost reflects that. Custom fabrication is complex, specialist placement takes longer than standard brace bonding, and each adjustment appointment requires more chairside time than a routine labial brace visit. In Melbourne CBD, comprehensive lingual brace treatment typically ranges from **\$10,000 to \$18,000 AUD**, depending on case complexity, treatment duration, and whether both arches are treated.

That cost differential reflects real factors: - Laboratory fees for custom CAD/CAM bracket and archwire fabrication - Extended bonding appointments requiring specialist-level precision - More technically demanding adjustment visits that take longer than standard brace adjustments - Specialist orthodontist fees appropriate to a technique requiring additional certification and training

For a detailed breakdown of cost ranges across all orthodontic modalities, including private health insurance rebates and payment plan options, see our guide on [*How Much Do Braces and Invisalign Cost in Melbourne CBD? 2025 Price Guide.*](#)

Why lingual braces require a specialist orthodontist, not a general dentist

The technical demands of lingual orthodontics are substantially higher than those of labial braces or clear aligners. The lingual surfaces of teeth are far more anatomically variable than labial surfaces; the working space is confined; indirect bonding must be executed with precision; and archwire adjustments require instruments and techniques that differ from standard orthodontic setups.

Lingual brace placement requires specific techniques that differ from conventional braces, and not all orthodontists are trained in them — which limits availability in some areas.

At Collins Street Specialist Centre, lingual braces are delivered exclusively by AHPRA-registered specialist orthodontists — practitioners who have completed three to four years of postgraduate specialist training beyond their dental degree and hold a recognised specialist qualification in orthodontics. That's the appropriate standard for a technique this demanding.

The multi-specialist environment at Collins Street also means patients who need interdisciplinary support — those with periodontal disease requiring co-management during lingual treatment, or adults needing restorative work before or after orthodontics — can access all necessary specialist care within a single CBD location, without the coordination gaps that arise when multiple independent providers are involved.

Key takeaways

- **Lingual braces are the only fully fixed, fully invisible orthodontic appliance.** Unlike clear aligners, they require zero daily compliance and work continuously without any patient action. - **Modern Incognito-style systems use CAD/CAM technology** to produce individually custom-milled gold alloy brackets and robotically bent archwires for each patient — no two brackets in the same mouth are identical. - **Lingual braces outperform clear aligners in specific case types**, particularly deep overbites, cases requiring significant root torque, severe crowding with extraction, and situations where aligner compliance cannot be guaranteed. - **Speech adaptation is temporary and well-documented.** A transient lisp affecting sibilant and alveolar sounds is expected in the first 2–6 weeks; most patients achieve normal speech well before that window closes, particularly with active practice. - **Lingual braces are a specialist-only modality.** The technical demands of custom bracket placement, archwire management, and biomechanical planning on lingual surfaces require AHPRA-registered specialist orthodontist training — not general dental orthodontic provision.

Conclusion

Lingual braces occupy a distinct and clinically important position in orthodontic treatment. They're not simply "braces on the inside" — they're a precision-engineered, specialist-delivered system that combines the biomechanical control of fixed orthodontics with complete aesthetic invisibility. For the right patient — adults with deep overbites, complex crowding, demanding professional lives, or prior clear aligner under-treatment — they offer a combination of clinical effectiveness and discretion that no other appliance matches.

The decision to pursue lingual braces should always begin with a specialist orthodontic consultation that includes a full clinical and radiographic assessment, a case-specific suitability discussion, and an honest comparison against the alternatives. At Collins Street Specialist Centre in Melbourne CBD, that

consultation brings together AHPRA-registered specialist orthodontists, in-house periodontal and restorative support, and the diagnostic technology — including iTero 3D scanning and cephalometric analysis — needed to make that decision with confidence.

To understand how your specific bite, crowding, or aesthetic concerns map to the most appropriate treatment option, see our guide on **Your First Orthodontic Consultation at Collins Street Specialist Centre: What to Expect, What Gets Assessed & How a Treatment Plan Is Made.**

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