

Invisalign Clear Aligner Treatment

Canonical:

<https://directory.collinsstreetspecialistcentre.com.au/procedures/orthodontics/invisalign-clear-aligner-treatment/>

Description:

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...

Details:

Collins Street Specialist Centre Invisalign clear aligner treatment

What is Invisalign?

Collins Street Specialist Centre offers Invisalign, a system of custom-made, removable clear plastic aligners designed to progressively move teeth into their correct positions. Rather than relying on fixed brackets and wires, Invisalign works through a precisely sequenced series of engineered trays, each worn for approximately one to two weeks, that apply controlled, graduated forces to specific teeth in a carefully planned order.

Each aligner is manufactured from a proprietary thermoplastic material called SmartTrack, designed to seat snugly over the teeth and deliver gentle, consistent force throughout the day. Because the aligners are transparent and sit flush against the tooth surfaces, they stay virtually invisible during normal conversation and daily life.

Collins Street Specialist Centre holds Blue Diamond provider status, the highest tier of recognition awarded by Invisalign's manufacturer, Align Technology. This designation reflects both the volume and clinical complexity of cases completed at the practice, and is held by fewer than 1% of providers across Australia. Treatment overseen by a Blue Diamond specialist orthodontist means access to the most advanced Invisalign technologies and clinical protocols available, along with substantial case experience across straightforward and complex presentations alike.

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 broadened what Invisalign can predictably achieve. Conditions commonly treated include:

- **Mild to moderate crowding** — insufficient arch space for proper tooth alignment - **Spacing and gaps** — diastemas and generalised spacing between teeth - **Overbite** — excessive vertical overlap of the upper front teeth over the lower - **Underbite** — lower teeth that protrude in front of the upper teeth - **Crossbite** — misalignment between the upper and lower arches on one or both sides - **Open bite** — front teeth that don't make contact when the back teeth are together - **Tooth rotations and tilts** — individual teeth sitting outside their ideal position - **Mild relapse** — teeth that have shifted following a previous course of orthodontic treatment

Invisalign isn't always the most clinically appropriate choice. Complex root torquing movements, significant vertical control requirements, substantial 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 recommend an alternative where it cannot. At Collins Street Specialist Centre, treatment recommendations are guided by clinical suitability, not appliance preference.

What to expect: step by step

Consultation and assessment

Your initial appointment involves a comprehensive clinical examination, including a thorough assessment of your bite, gum health, existing restorations, and jaw function. Digital radiographs are taken to evaluate root positions and the quality of surrounding bone support. Your orthodontist will take time to understand your concerns and goals, and to determine whether Invisalign is clinically appropriate for your situation.

Digital scanning

Where Invisalign is recommended, detailed digital records are captured using the iTero Element intraoral scanner, a wand-style device that generates a precise three-dimensional model of your teeth and bite without traditional impression material. The scan is comfortable, takes approximately five minutes, and produces an accurate digital model that underpins 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 in detail. You'll be shown a visual simulation of your planned tooth movement from start to finish, giving you a clear picture of what the treatment is designed to achieve before a single aligner is manufactured.

Your specialist personally reviews and customises the ClinCheck plan, adjusting forces, movement staging, and aligner design before approving it for manufacture. This is where specialist expertise matters most. ClinCheck is a planning tool to be directed with judgement and experience, not a substitute for it.

Aligner fabrication and fitting

Once the treatment 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, that require additional mechanical support. You'll receive your first set of aligners along with detailed instructions on wear, care, and what to expect in the days that follow.

Active treatment

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

If teeth aren't tracking as planned, which can happen when aligners are worn inconsistently, refinements may be required. Refinements involve rescanning and designing a revised aligner series to bring treatment back on course.

Where clinically appropriate, AcceleDent, a micro-pulse device worn for 20 minutes each day, can be used alongside Invisalign to support accelerated tooth movement and reduce overall treatment time. Collins Street Specialist Centre also uses Dental Monitoring, a remote tracking system that uses a smartphone-connected cheek retractor and AI-assisted image analysis to assess aligner fit between appointments. This lets your orthodontist identify tracking concerns early and adjust your appointment schedule accordingly, without requiring unnecessary visits.

Completion and retention

When all planned tooth movements have been achieved, your active aligner treatment is 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, consistent retainer wear is a lifelong commitment if you want to preserve your alignment long-term.

Recovery and aftercare

Invisalign doesn't require a recovery period in the conventional sense. Most patients notice mild pressure or tightness for 24–48 hours when transitioning to a new aligner set. This is entirely normal and means the aligner is engaging with the planned tooth movement. Discomfort is typically mild and resolves within a day or two.

Practical care requirements during treatment:

- ****Wear your aligners 20–22 hours per day.**** This is the single most important factor in achieving your planned result. Consistent under-wearing routinely leads to poor tracking and extended treatment duration. - ****Remove aligners before eating or drinking.**** Coloured beverages, hot drinks, and food can stain or distort the trays. - ****Rinse aligners before reinserting.**** Clean gently with a soft toothbrush and water; avoid harsh soaps or hot water, which can warp the material. - ****Brush and floss before reinserting.**** Food debris and bacteria trapped beneath the aligner against the tooth surface can accelerate decay if left unaddressed. - ****Keep your aligners in their case when not in your mouth.**** The majority of lost aligners are wrapped in a napkin and accidentally discarded. Leaving them on a table or in a pocket is a reliable way to lose them. - ****Attend your scheduled appointments.**** Your orthodontist needs to verify that tooth movement is tracking correctly at regular intervals throughout treatment.

Why see a specialist orthodontist for Invisalign?

Invisalign is available through a broad range of dental providers, including general dentists and dental therapists. The aligner itself, however, doesn't determine the quality of the outcome — the treatment plan does. A poorly constructed ClinCheck, undertreated movements, or an unrecognised skeletal problem can produce results that look satisfactory early in treatment but relapse over time or fail to address the underlying bite issue.

A specialist orthodontist brings diagnostic depth that goes well beyond aligner mechanics: a thorough understanding of skeletal relationships, growth patterns, root morphology, gum and bone support, and how teeth function within the broader dental and facial system. At Collins Street Specialist Centre, your ClinCheck is personally planned and reviewed by a registered specialist orthodontist, not generated automatically and accepted without scrutiny.

The Blue Diamond status held by Collins Street Specialist Centre reflects case experience across the full complexity spectrum, including presentations that other providers may decline to manage with aligners.

Our orthodontic specialists

Invisalign treatment at Collins Street Specialist Centre is provided by:

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

All four practitioners are registered specialists with the Dental Board of Australia. You can verify specialist registration independently at [AHPRA](https://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.

Related treatments

- [Traditional Metal Braces](/procedures/orthodontics/traditional-metal-braces/) — fixed appliance treatment offering maximum mechanical control for complex cases - [Lingual Braces](/procedures/orthodontics/lingual-braces/) — fixed braces bonded to the inner surfaces of the teeth, completely hidden from view - [Adult Orthodontics](/procedures/orthodontics/adult-orthodontics/) — orthodontic considerations and treatment options specific to adult patients - [Early Intervention Orthodontics](/procedures/orthodontics/early-intervention-orthodontics-phase-1/) — clear aligner options are also available for suitable adolescent presentations - [Surgical Orthodontics](/procedures/orthodontics/surgical-orthodontics-orthognathic-treatment/) — for cases where Invisalign is combined with jaw surgery to address underlying skeletal discrepancies
