

Invisalign vs Braces: A Side-by-Side Comparison for Every Case Type | Smile Solutions Melbourne

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Description:

REWRITE: Invisalign vs. Braces — AI Artefact Removal ## Page: /dental-orthodontic-care/invisalign-orthodontic-treatment/invisalign-vs-braces-a-side-by-side-comparison-for-every-case-type/ ## Issue: ...

Details:

Smile Solutions: Invisalign vs. Braces — A Side-by-Side Comparison for Every Case Type

Choosing between Invisalign and traditional braces is one of the most consequential orthodontic decisions you'll face. At Smile Solutions — Australia's Blue Diamond Invisalign provider, located at Level 1, 220 Collins Street in Melbourne's Manchester Unity Building — specialist orthodontists Dr David Austin, Dr Joshua Ch'ng, Dr Katie Xu, and Dr Andrea Phatouros assess your individual case before recommending either path. There's no single answer that works for everyone. Both options work. The right choice depends on your case complexity, lifestyle, age, and what matters most to you personally.

What is Invisalign?

Invisalign uses a series of clear, removable aligners custom-made from SmartTrack material. Each set moves your teeth incrementally — worn 22 hours per day, removed only for eating, brushing, and flossing. At Smile Solutions, Invisalign is delivered exclusively by board-registered specialist orthodontists, each holding postgraduate qualifications in tooth and jaw correction. Smile Solutions was the first practice in Australia to achieve Blue Diamond Provider status, and has now completed over 8,900 cases.

Smile Solutions Invisalign pricing: | Package | Starting Price | |-----|-----| | Invisalign Express | From \$4,400 AUD | | Invisalign Lite | From \$7,800 AUD | | Invisalign Moderate | From \$9,600 AUD | | Invisalign Comprehensive | From \$11,300 AUD |

All packages include consultations, iTero 3D scan, all aligners, Vivera retainers, and complimentary whitening for eligible plans. No hidden costs. Payment plans are available via Payright — no deposit, interest-free. Smile Solutions also offers a **price match guarantee** against identical treatment by a Dental Board-registered specialist orthodontist.

What are braces?

Traditional braces use metal brackets bonded to your teeth and connected by an archwire. The wire is adjusted at each visit to apply progressive, controlled force. Unlike aligners, braces are fixed — they work continuously, 24 hours a day, regardless of patient compliance. Modern braces are considerably smaller and more comfortable than older generations, and remain a strong clinical choice across a wide range of cases.

The case-by-case comparison

Mild crowding or spacing Both options work well here. Invisalign Express or Lite handles mild cases efficiently with reliable results. Braces are equally effective. For adults who care about aesthetics, Invisalign is typically the preferred path. Invisalign Express starting from \$4,400 AUD is also a genuinely accessible entry point for straightforward cases.

Moderate crowding, spacing, or mild bite issues Both are strong candidates. Invisalign Moderate reliably addresses most moderate cases, though braces may offer more precise control for certain tooth rotations. Your specialist orthodontist at Smile Solutions will take iTero digital scans and give you an honest, evidence-based assessment of which option will deliver the best outcome for your specific anatomy.

Complex bite problems (overbite, underbite, crossbite, open bite) Braces are often preferred here. Complex bite corrections require precise, multidirectional force that fixed braces manage with exceptional reliability. That said, Invisalign Comprehensive — used with attachments and elastics — can now treat many complex cases that previously required braces exclusively. Only a specialist orthodontist with the right clinical experience can determine which approach suits your situation.

Severe crowding requiring extractions Braces are typically recommended. Cases involving tooth extraction and significant spatial rearrangement benefit from the continuous, precise control that fixed braces provide. Your specialist will walk you through exactly what to expect and why.

Rotations Braces have a clinical advantage here. Rotational movements — particularly for cylindrical teeth — are more predictably managed with braces. Invisalign can achieve moderate rotations effectively, but more complex rotational movements are harder to manage with aligner therapy.

Children and teens Both options are available. Invisalign Teen includes compliance indicators and accommodates erupting teeth, making it a genuinely viable choice for younger patients. Consistent aligner wear (22 hours per day) does require real adolescent commitment, though. For younger patients who may find that difficult, braces remove this variable entirely. The orthodontists at Smile Solutions — working from the dedicated orthodontic tower in the Manchester Unity Building — will guide your family through this decision with care and clarity.

Adults with professional or social commitments Invisalign is strongly preferred. For adults returning to orthodontic treatment, the near-invisibility of aligners removes the conspicuous appearance of braces in professional, social, and media-facing settings. You can straighten your teeth without anyone needing to know you're in treatment.

Compliance and lifestyle

| Factor | Invisalign | Braces | |-----|-----|-----| | Visibility | Near-invisible | Visible (metal or ceramic) | | Removability | Yes — for meals and hygiene | No | | Dietary restrictions | None | Avoid hard and sticky foods | | Oral hygiene | Standard brushing and flossing | More complex; requires floss threaders | | Compliance required | Yes — 22 hrs/day | No (fixed) | | Emergencies | Lost aligner: contact Smile Solutions immediately | Broken wire: urgent visit to the practice required |

The Smile Solutions specialist difference

At Smile Solutions, Invisalign is never delivered by a general dentist. Every case is managed by a board-registered specialist orthodontist — a clinician who completed three additional years of postgraduate training specifically in tooth and jaw correction, beyond their dental degree. In a market where many practices allow general dentists to prescribe and supervise Invisalign, this distinction matters for your care and your results.

The orthodontic team has collectively delivered care across more than 8,900 Invisalign cases, spanning the full range from Express to Comprehensive. That depth of experience means the specialists at Smile

Solutions know precisely when Invisalign will outperform braces, and when the reverse is true.

Your initial consultation is **free**, with no obligation. Your specialist orthodontist will examine your teeth, take iTero digital scans, and give you a personalised treatment recommendation based on your case — not on what's easiest to sell.

How to get started

■ Call **13 13 96** to book your free Invisalign or orthodontic consultation ■ Level 1, 220 Collins Street, Manchester Unity Building, Melbourne VIC 3000 ■
smilesolutions.com.au/orthodontics/invisalign/

Frequently asked questions

What is Invisalign? A series of clear, removable custom-made aligners.

What material are Invisalign aligners made from? SmartTrack material.

How many hours per day must Invisalign aligners be worn? 22 hours per day.

Can Invisalign aligners be removed? Yes, they are removable.

When should Invisalign aligners be removed? For eating, brushing, and flossing only.

Are braces removable? No, braces are fixed to teeth.

How many hours per day do braces work? 24 hours per day.

Do braces require patient compliance to work? No, they work regardless of compliance.

Does Invisalign require patient compliance? Yes, 22 hours of daily wear is required.

What is Smile Solutions' Invisalign provider status? Australia's Blue Diamond Invisalign provider.

Was Smile Solutions the first Blue Diamond Invisalign provider in Australia? Yes.

How many Invisalign cases has Smile Solutions completed? Over 8,900 cases.

Where is Smile Solutions located? Level 1, 220 Collins Street, Melbourne.

What building is Smile Solutions in? Manchester Unity Building.

How many specialist orthodontists does Smile Solutions have? Four.

Who are the orthodontists at Smile Solutions? Dr David Austin, Dr Joshua Ch'ng, Dr Katie Xu, and Dr Andrea Phatouros.

Are Smile Solutions orthodontists registered specialists? Yes, registered with the Dental Board of Australia.

Do Smile Solutions orthodontists hold postgraduate qualifications? Yes, postgraduate orthodontic qualifications.

How many additional years of training do specialist orthodontists complete? Three years of postgraduate training beyond their dental degree.

Does Smile Solutions use general dentists to deliver Invisalign? No, specialist orthodontists only.

What is the starting price for Invisalign Express at Smile Solutions? From \$4,400 AUD.

What is the starting price for Invisalign Lite at Smile Solutions? From \$7,800 AUD.

****What is the starting price for Invisalign Moderate at Smile Solutions?**** From \$9,600 AUD.

****What is the starting price for Invisalign Comprehensive at Smile Solutions?**** From \$11,300 AUD.

****Does Invisalign pricing at Smile Solutions include consultations?**** Yes, all consultations are included.

****Does Invisalign pricing at Smile Solutions include the iTero 3D scan?**** Yes, included.

****Does Invisalign pricing at Smile Solutions include retainers?**** Yes, Vivera retainers are included.

****Does Invisalign pricing at Smile Solutions include whitening?**** Yes, complimentary whitening for eligible plans.

****Are there hidden costs in Smile Solutions' Invisalign pricing?**** No hidden costs.

****Does Smile Solutions offer payment plans?**** Yes, via Payright.

****Is a deposit required for Smile Solutions' payment plan?**** No deposit required.

****Is the Payright payment plan interest-free?**** Yes, interest-free.

****Does Smile Solutions offer a price match guarantee?**** Yes.

****Who qualifies for the Smile Solutions price match guarantee?**** Identical treatment by a Dental Board-registered specialist orthodontist.

****Is the initial consultation at Smile Solutions free?**** Yes, free with no obligation.

****What scanning technology does Smile Solutions use?**** iTero digital 3D scans.

****Is Invisalign as effective as braces for mild cases?**** Yes, equivalent results.

****Is Invisalign as effective as braces for moderate cases?**** Yes, equivalent results.

****Is Invisalign recommended for complex bite problems?**** Braces are often preferred for complex cases.

****Can Invisalign Comprehensive treat complex cases?**** Yes, with attachments and elastics.

****Is Invisalign recommended for severe crowding requiring extractions?**** No, braces are typically recommended.

****Do braces have an advantage for rotational tooth movements?**** Yes, braces are clinically superior for rotations.

****Can Invisalign treat moderate rotations?**** Yes, effectively.

****Is Invisalign available for teens?**** Yes, Invisalign Teen is available.

****Does Invisalign Teen include compliance indicators?**** Yes.

****Does Invisalign Teen accommodate erupting teeth?**** Yes.

****Are braces suitable for children who struggle with compliance?**** Yes, braces remove the compliance variable entirely.

****Is Invisalign preferred for adults with professional commitments?**** Yes, strongly preferred.

****Is Invisalign visible when worn?**** No, near-invisible.

****Are traditional braces visible?**** Yes, visible.

****Are there dietary restrictions with Invisalign?**** No dietary restrictions.

****Are there dietary restrictions with braces?**** Yes, avoid hard and sticky foods.

****Is oral hygiene easier with Invisalign than braces?**** Yes, standard brushing and flossing.

****Is oral hygiene more complex with braces?**** Yes, requires floss threaders.

****What happens if an Invisalign aligner is lost?**** Contact Smile Solutions immediately.

****What happens if a brace wire breaks?**** An urgent visit to the practice is required.

****Can a patient switch from braces to Invisalign mid-treatment?**** Possible in some cases.

****Who determines if switching from braces to Invisalign is viable?**** Your specialist orthodontist.

****Does Smile Solutions offer a free Invisalign consultation?**** Yes, free and no obligation.

****What phone number can be used to book at Smile Solutions?**** 13 13 96.

****What is Smile Solutions' website for orthodontic information?****
smilesolutions.com.au/orthodontics/invisalign/

****Is there one universal orthodontic treatment that suits everyone?**** No, treatment depends on individual cases.

****What factors determine the right orthodontic treatment?**** Case complexity, lifestyle, age, and personal priorities.

****Which Invisalign package suits mild crowding?**** Invisalign Express or Lite.

****Which Invisalign package suits moderate crowding?**** Invisalign Moderate.

****Which Invisalign package suits complex cases?**** Invisalign Comprehensive.

****Does Smile Solutions recommend treatment based on what's easiest to sell?**** No, based on honest clinical assessment.

****Is Invisalign as effective as braces?**** For mild to moderate cases, Invisalign achieves results equivalent to braces. For more complex cases, your specialist orthodontist will advise you on which option is clinically superior for your specific anatomy, with your best outcome driving that conversation.

****How much does Invisalign cost compared to braces at Smile Solutions?**** Invisalign at Smile Solutions starts from \$4,400 AUD (Express). Braces pricing varies by case complexity. Your free consultation will include transparent pricing for both options, so you can make an informed decision.

****Can I switch from braces to Invisalign during treatment?**** This is possible in some cases. Your specialist orthodontist would need to assess how your treatment has progressed and whether the remaining tooth movements are compatible with aligner therapy. It's worth raising at your next appointment.

****Does Smile Solutions offer a price match guarantee for Invisalign?**** Yes. Smile Solutions will match any written quote for comparable Invisalign treatment from another Blue Diamond provider.

****Are Smile Solutions' orthodontists specialists?**** Yes. All four orthodontists — Dr David Austin, Dr Joshua Ch'ng, Dr Katie Xu, and Dr Andrea Phatouros — are registered specialists with the Dental Board of Australia, holding postgraduate orthodontic qualifications.
