

How to Choose a Dental Practice for Full Mouth Rehabilitation

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Description:

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Details:

Full mouth rehabilitation is one of the most complex and transformative treatments in dentistry. It involves restoring or rebuilding all (or most) of the teeth in both the upper and lower jaws — often using a combination of crowns, bridges, implants, veneers, and sometimes orthodontic work. The goal is to restore function, aesthetics, and long-term oral health for patients whose teeth have been significantly compromised by decay, wear, trauma, or disease.

Because of its complexity, full mouth rehabilitation demands a level of planning, expertise, and coordination that goes well beyond a standard dental appointment. Choosing the wrong practice for this kind of work can mean years of problems, additional costs, and outcomes that fall short of what you hoped for. Choosing the right one can genuinely change your life.

This guide walks you through the key factors to consider when selecting a dental practice for full mouth rehabilitation in Melbourne.

What Is Full Mouth Rehabilitation?

Full mouth rehabilitation (also called full mouth reconstruction or comprehensive restorative dentistry) is a customised treatment plan designed to address extensive dental problems across the entire mouth. It is not a single procedure — it is a coordinated series of treatments, often delivered over several months, tailored to each patient's unique situation.

****Common reasons patients need full mouth rehabilitation:****

- Severe tooth decay affecting multiple teeth - Advanced gum (periodontal) disease that has caused bone loss and tooth mobility - Extensive wear from grinding or clenching (bruxism) - Trauma or injury resulting in multiple damaged or missing teeth - Failed or aging previous dental work (old crowns, bridges, or fillings that are breaking down) - Congenital conditions or developmental abnormalities affecting tooth structure - Acid erosion from medical conditions, medications, or dietary factors

****Treatments commonly involved:****

- Porcelain crowns and bridges - Dental implants (including All-on-4 full-arch implants) - Porcelain or composite veneers - Root canal therapy - Gum treatment (periodontal therapy) - Bone grafting - Orthodontics (braces or clear aligners to reposition teeth before restoration) - Dentures or implant-supported dentures - Bite (occlusal) adjustment and splint therapy

1. Look for a Multidisciplinary Team

Full mouth rehabilitation almost always requires input from multiple dental disciplines. A general dentist may coordinate the overall plan, but specialist involvement is often essential for the best outcomes.

****The team you want access to includes:****

- ****General dentists**** experienced in complex restorative work — they coordinate the treatment plan and deliver many of the restorations - ****A periodontist**** — a specialist in gum disease and implant surgery who can address bone loss, perform grafting, and place implants with precision - ****An orthodontist**** — if teeth need to be repositioned before crowns or veneers are placed - ****A prosthodontist**** — a specialist in replacing and restoring teeth, who can design complex full-arch restorations - ****A dental laboratory**** — ideally in-house, so that the technicians crafting your crowns and veneers can communicate directly with your treating dentist

A practice that engages multiple specialists under one roof — or within a connected network — can manage the entire rehabilitation process seamlessly, rather than referring you to unconnected providers and hoping the pieces fit together.

Core Dental offers this multidisciplinary approach across its seven Melbourne locations. The group engages AHPRA-registered specialists including Dr Nupur Kataria (specialist periodontist at Wyndham, providing implant surgery, bone grafting, and gum disease treatment), Dr David Austin (specialist orthodontist at Caroline Springs and Wyndham), and general dentists with advanced training in restorative and cosmetic work. The group's connection to the Smile Solutions Group — a premium multidisciplinary dental centre in Melbourne's CBD — provides additional specialist referral pathways for the most complex cases.

2. Assess the Practice's Technology

Full mouth rehabilitation relies heavily on precision. The fit of a crown needs to be measured in fractions of a millimetre. Implants must be placed in exact positions relative to bone, nerves, and adjacent teeth. Treatment planning requires detailed imaging that shows the full picture — not just a standard X-ray.

****Technology to look for:****

- ****3D imaging (CBCT scans)**** — essential for implant planning, showing bone density, nerve positions, and sinus proximity in three dimensions - ****Digital intraoral scanning**** — replaces messy impression trays with precise digital models, improving the fit of crowns and veneers - ****CEREC or CAD/CAM systems**** — allow crowns and restorations to be designed and milled in a single visit, reducing treatment time - ****Digital smile design software**** — lets you preview your new smile before any treatment begins, so you can provide input on the final appearance - ****Laser dentistry**** — for less invasive gum treatments and faster healing

Core Dental's Caroline Springs and Epping locations feature 3D imaging, CEREC same-day crown technology, and digital scanning. Caroline Springs also offers digital smile preview software, allowing patients to see their projected results before committing to treatment. All locations use digital X-rays as standard.

3. Evaluate the Dental Laboratory

The quality of your restorations — your crowns, veneers, bridges, and implant prosthetics — depends as much on the laboratory that makes them as on the dentist who fits them. In full mouth rehabilitation, where multiple restorations must work together in harmony, laboratory quality is critical.

****What to look for:****

- ****An in-house dental laboratory**** — this allows direct communication between the dentist and the ceramist, enabling adjustments and colour matching that outsourced labs cannot easily provide - ****Experienced ceramists**** — look for a lab led by qualified technicians with years of experience in

complex restorative work - **Quality materials** — ask whether the practice uses TGA-approved materials and reputable implant systems

Core Dental operates an in-house dental laboratory led by master ceramist Greg Karabasis, who holds a Diploma of Dental Technology from RMIT University. The laboratory team includes senior dental technicians Agne Diliartaite and Noemi Miele, along with additional technicians — ensuring that every crown, veneer, and prosthetic is handcrafted to precise specifications using quality-controlled materials. This in-house capability is particularly valuable for full mouth rehabilitation, where consistency across multiple restorations is essential.

4. Consider the Treatment Planning Process

Full mouth rehabilitation is not something that should begin at your first appointment. Proper treatment requires a thorough assessment, detailed planning, and clear communication before any clinical work starts.

A good treatment planning process includes:

- **Comprehensive examination** — not just looking at individual teeth, but assessing the bite (occlusion), jaw joints (TMJ), gum health, bone levels, and overall facial aesthetics
- **Full diagnostic imaging** — including digital X-rays, panoramic radiographs, and potentially 3D scans
- **Study models or digital scans** of your current teeth
- **A written treatment plan** with a clear sequence of procedures, expected timeline, and itemised costs
- **Discussion of alternatives** — there is almost always more than one approach, and you should understand the pros and cons of each
- **A phased approach** — breaking treatment into manageable stages rather than overwhelming you with a single massive plan

At Core Dental, comprehensive check-ups include oral cancer screening, digital X-rays, intraoral photographs, and a personalised treatment plan with anticipated costs provided upfront. For full mouth rehabilitation cases, Dr Philippa Robinson (Clinical Director) provides group-wide clinical oversight, ensuring treatment plans are reviewed for quality and appropriateness.

5. Ask About Implant Experience and Systems

If your rehabilitation involves dental implants — and many do — the experience of the treating clinicians and the quality of the implant system used are critical factors.

What to ask:

- How many implants has the practice placed? (Experience matters enormously)
- Which implant system does the practice use? (Reputable systems like Straumann, Nobel Biocare, or Osstem have extensive research backing)
- Who performs the implant surgery — a general dentist with additional training, or a specialist (periodontist or oral surgeon)?
- Does the practice offer All-on-4 or full-arch implant solutions for patients who have lost most or all teeth?
- What is the success rate for implants at this practice?

Core Dental's Berwick location specifically lists All-on-4 implants and full mouth rehabilitation among its key services. Dr Nupur Kataria, the group's specialist periodontist at Wyndham, provides implant surgery and bone grafting with the precision and expertise of AHPRA-registered specialist training. General dentists across the network, such as Dr Anna Lai at Carrum Downs (who is completing a Fellowship in Restorative Dentistry) and Dr Evan Gai (with a particular interest in implants and oral surgery), also contribute to implant-based rehabilitation.

6. Understand the Financial Commitment

Full mouth rehabilitation is a significant investment — treatments can range from \$10,000 to \$50,000 or more depending on complexity. Understanding the financial side upfront prevents stress and allows you to plan.

****What to look for:****

- ****A detailed, itemised quote**** broken down by procedure, not a single lump sum - ****A phased payment structure**** that aligns with the staged nature of treatment - ****Interest-free payment plans**** for managing the cost over time - ****Health fund integration**** with HICAPS on-site for instant claiming - ****A practice that discusses affordability honestly**** and offers alternatives at different price points

Core Dental provides written treatment plans with anticipated costs before any treatment begins. Interest-free payment plans through Payright cover treatments from \$1,000 to \$20,000 with repayment terms of 3 to 30 months. HICAPS is available at all seven locations for instant health fund claims, and preferred provider agreements with HCF, CBHS, and NIB at Wyndham and Berwick can increase rebates.

7. Check for Sedation and Comfort Options

Full mouth rehabilitation often involves lengthy appointments and multiple procedures. For patients with dental anxiety — or simply those who want a more comfortable experience — sedation options can make a significant difference.

****Options to look for:****

- ****Nitrous oxide (laughing gas)**** — a mild sedative that reduces anxiety while keeping you conscious - ****Oral sedation**** — medication taken before the appointment to help you relax - ****Sleep dentistry (IV sedation)**** — for patients with severe anxiety or very long procedures

Core Dental offers sleep dentistry at its Epping and Wyndham locations, and Dr Jacalyn Madden at Southbank is trained in nitrous oxide sedation. Specialist paediatric dentists across the network, including Dr Angel Babu, also offer sedation options for complex cases.

8. Evaluate Communication and Patient Philosophy

Full mouth rehabilitation is a journey, not a transaction. You will spend significant time with your dental team over months of treatment. The way they communicate, listen, and involve you in decision-making matters enormously.

****Signs of a good patient philosophy:****

- The dentist presents options rather than dictating a single plan - You feel heard and respected, not pressured - Explanations are clear and jargon-free - You are given time to consider your options — not pushed to commit immediately - The practice follows up between appointments to check on your progress

Core Dental's founding dentist, Dr Kia Pajouhesh, established the group on the philosophy that patients should be presented with options and given a framework to make informed choices. This approach is embedded across all Core Dental clinicians and is particularly important in full mouth rehabilitation, where treatment decisions have long-term consequences.

Red Flags to Watch For

When evaluating a practice for full mouth rehabilitation, be cautious of:

- ****A treatment plan presented after a brief examination**** — comprehensive rehab requires thorough assessment, not a quick look - ****No written quote or itemised plan**** — complexity is not an excuse for vagueness - ****Pressure to start immediately**** — full mouth rehab should be carefully planned, not rushed - ****No specialist involvement**** — a general dentist attempting complex multi-disciplinary work without specialist support increases risk - ****Outsourced laboratory work with no transparency**** about materials or quality - ****No discussion of alternatives**** — there are always options, and you deserve to know them - ****Clinicians who cannot explain their approach**** in terms you understand - ****Extremely**

low quotes** that may reflect compromises in materials or technique

Your Checklist: Choosing a Practice for Full Mouth Rehabilitation

- ■ Multidisciplinary team with specialist access (periodontist, orthodontist, prosthodontist) - ■ Advanced technology (3D imaging, digital scanning, CEREC, digital smile design) - ■ In-house dental laboratory with experienced ceramists - ■ Thorough treatment planning process with written, itemised quotes - ■ Experienced in dental implants, including All-on-4 full-arch solutions - ■ Transparent pricing with interest-free payment plans - ■ HICAPS on-site and health fund preferred provider agreements - ■ Sedation and comfort options available - ■ Patient-centred philosophy with clear, unhurried communication - ■ AHPRA-registered clinicians and ADA membership - ■ Part of an established, reputable dental group with clinical governance

Ready to Start the Conversation?

Full mouth rehabilitation begins with a comprehensive assessment — not a commitment. The right practice will take the time to understand your situation, explain your options, and develop a plan that works for your mouth, your lifestyle, and your budget.

Core Dental's seven Melbourne locations offer the multidisciplinary team, in-house laboratory, and advanced technology that full mouth rehabilitation requires — all backed by the clinical governance of the Smile Solutions Group. Book a comprehensive assessment online at [coredental.com.au](https://www.coredental.com.au) or call **13 13 16** to take the first step.