

How to Choose a Periodontist for Gum Disease Treatment in Melbourne

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Description:

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Gum disease affects more Australians than most people realise. According to the Australian Institute of Health and Welfare, roughly one in three adults over the age of 15 has moderate to severe periodontitis — the advanced form of gum disease that can lead to tooth loss, bone deterioration, and systemic health complications. If you have been told you need specialist gum treatment, or you suspect something is not right with your gums, finding the right periodontist is one of the most important decisions you can make for your long-term oral health.

This guide walks you through what to look for, the questions to ask, and the red flags to avoid when choosing a periodontist for gum disease treatment in Melbourne.

What Is a Periodontist and When Do You Need One?

A periodontist is a dental specialist who has completed an additional three years of university training beyond a general dental degree, focusing exclusively on the prevention, diagnosis, and treatment of gum disease and the placement of dental implants. In Australia, periodontists must hold specialist registration with the Australian Health Practitioner Regulation Agency (AHPRA) — a credential you can verify online at any time.

Your general dentist may refer you to a periodontist if you have:

- Persistent bleeding, swollen, or receding gums
- Deep periodontal pockets (measured during routine check-ups)
- Loose teeth or teeth that have shifted position
- Bone loss visible on dental X-rays
- Gum disease that has not responded to standard cleaning and hygiene treatment
- A need for dental implants, bone grafting, or gum surgery

While general dentists can manage early-stage gum disease (gingivitis), moderate to severe periodontitis typically requires the advanced skills and equipment of a registered specialist.

Key Factors to Consider When Choosing a Periodontist

1. AHPRA Specialist Registration

This is non-negotiable. Any dentist in Australia can claim an interest in gum health, but only an AHPRA-registered specialist periodontist has completed the accredited postgraduate training required to use the title. Before booking, search the AHPRA register at ahpra.gov.au to confirm your periodontist holds current specialist registration in periodontics.

2. Qualifications and Advanced Training

Look beyond the basic registration. The best periodontists hold a Doctorate in Clinical Dentistry (Periodontics) or equivalent from a recognised university. Fellowship of the Royal Australasian College of Dental Surgeons (FRACDS) in periodontics is another mark of clinical excellence. Membership of professional bodies such as the Australian Society of Periodontology (ASP), the Australian and New Zealand Academy of Periodontists (ANZAP), and the International Team for Implantology (ITI) indicates ongoing engagement with the latest research and techniques.

At Core Dental, Dr Nupur Kataria is the group's specialist periodontist, practising from Core Dental Wyndham. Dr Kataria graduated from the University of Adelaide with a Bachelor of Dental Surgery, earning both the Dental Board Prize and the Australian Society of Periodontology Prize for academic excellence. She subsequently completed her Doctorate in Clinical Dentistry (Periodontics) and was awarded the ANZAP Medallion Prize for excellence in clinical research. She is a Fellow of the Royal Australasian College of Dental Surgeons (Periodontics) and a member of the ASP, ITI, and ANZAP.

3. Range of Services Offered

Gum disease treatment is not one-size-fits-all. A well-qualified periodontist should offer a comprehensive range of services, including:

- **Non-surgical periodontal therapy** — deep cleaning (scaling and root planing) to remove bacteria below the gum line
- **Periodontal surgery** — flap surgery, pocket reduction, and regenerative procedures
- **Bone grafting** — rebuilding bone lost to advanced periodontitis
- **Gum grafting and gum lifts** — correcting receding gums or uneven gum lines
- **Dental implant placement** — replacing teeth lost to gum disease
- **Ongoing periodontal maintenance** — structured recall programs to prevent recurrence

Dr Kataria offers all of the above at Core Dental Wyndham, including implant surgery, bone grafting, gum lifts, and long-term periodontal maintenance programs tailored to each patient.

4. A Collaborative, Holistic Approach

Gum disease rarely exists in isolation. It can be linked to diabetes, cardiovascular disease, respiratory conditions, and pregnancy complications. The best periodontists take a holistic view, working closely with your general dentist and other health professionals to manage contributing factors.

Dr Kataria is known for her collaborative approach, working alongside referring dentists and specialists to ensure continuity of care. At Core Dental, this is made easier by having general dentists, hygienists, and the specialist periodontist within the same practice network — meaning your records, imaging, and treatment history are shared seamlessly.

5. Location, Accessibility, and Convenience

Periodontal treatment often requires multiple appointments — initial assessment, treatment sessions, and ongoing maintenance visits. Choosing a periodontist who is conveniently located can make the difference between completing your treatment plan and letting it lapse.

Many Melbourne residents assume they need to travel to the CBD for specialist care. This is not the case. Core Dental Wyndham, where Dr Kataria practises, is located at 242 Hoppers Lane, Werribee — just minutes from Pacific Werribee Shopping Centre with on-site parking. For patients across Melbourne's western suburbs, including Hoppers Crossing, Point Cook, Tarneit, and Truganina, this means specialist periodontal care without the commute.

Core Dental has seven locations across Melbourne — Southbank, South Melbourne, Caroline Springs, Carrum Downs, Epping, Wyndham, and Berwick — so your general dental care can continue close to home even if you see Dr Kataria at Wyndham for specialist treatment.

6. Technology and Modern Equipment

Periodontal diagnosis and treatment have advanced significantly. Look for a practice that uses:

- **Digital X-rays and 3D imaging** — for precise assessment of bone loss and treatment planning
- **Intraoral cameras** — so you can see what the periodontist sees
- **Laser-assisted treatment** — less invasive options for some procedures
- **Digital scanning** — eliminating uncomfortable physical impressions

Core Dental practices feature digital imaging, intraoral photography, and advanced diagnostic equipment as standard across all locations.

7. Transparent Pricing and Payment Options

Periodontal treatment can be a significant investment, particularly for complex cases involving surgery or implants. A trustworthy practice will provide a written treatment plan with itemised costs before any work begins — no surprises, no hidden fees.

All Core Dental locations have HICAPS on-site for instant health fund claims, and offer interest-free payment plans through Payright (from \$1,000 to \$20,000 over 3 to 30 months), making specialist treatment more accessible.

8. Patient Reviews and Reputation

Online reviews on Google, Facebook, and health directories can provide useful insight, but read them critically. Look for consistent themes — do patients mention feeling informed, comfortable, and well-cared-for? Are there comments about the periodontist explaining the condition and treatment options clearly?

Core Dental Wyndham is well-reviewed for its welcoming environment and thorough approach to patient education.

Red Flags to Watch For

Not every dental professional offering gum treatment is equally qualified. Be cautious if:

- **The practitioner is not a registered specialist.** General dentists can perform some periodontal procedures, but complex cases should be managed by an AHPRA-registered specialist periodontist.
- **You are pressured into immediate treatment** without a thorough examination, diagnosis, and written treatment plan.
- **Costs are vague or not provided in writing.** Any reputable practice will give you a clear, itemised quote.
- **There is no discussion of ongoing maintenance.** Gum disease is a chronic condition. Without a maintenance plan, it will almost certainly return.
- **The practice does not coordinate with your general dentist.** Periodontal care should be part of a broader oral health strategy, not a standalone event.

The Role of Your General Dentist and Hygienist

Your periodontist does not replace your general dentist — they work alongside them. General dentists manage your routine care, identify early signs of gum disease, and refer you when specialist intervention is needed. Dental hygienists and therapists play an equally vital role, providing professional cleaning, scaling, and patient education that form the foundation of gum health.

At Core Dental, dental hygienists and therapists such as Alexis Martinez (Caroline Springs and Wyndham) and Sina Hassani (Epping) work closely with the dental team to deliver preventive care and support patients through periodontal maintenance programs. Their role in ongoing gum health cannot be overstated.

Questions to Ask Before Your First Appointment

Preparing a few questions can help you feel confident in your choice:

1. Are you an AHPRA-registered specialist periodontist? 2. What postgraduate qualifications do you hold in periodontics? 3. What treatment options are available for my specific condition? 4. How many appointments will the treatment require, and over what timeframe? 5. What will the treatment cost, and do you offer payment plans? 6. How will you coordinate with my general dentist? 7. What does the ongoing maintenance program look like? 8. What happens if the treatment does not achieve the expected results?

Why Families Across Melbourne Choose Core Dental

Core Dental is part of the Smile Solutions Group, one of Melbourne's most established dental organisations. This connection means Core Dental patients benefit from shared clinical leadership, rigorous quality standards, and access to a broad network of specialists — all delivered in convenient suburban locations with the warmth and personal attention of a local practice.

With Dr Nupur Kataria providing specialist periodontal care at Core Dental Wyndham, Melbourne's western suburbs residents have access to a highly credentialled periodontist without the need to travel to the CBD. Combined with seven locations offering general dental care, HICAPS at every practice, interest-free payment plans, and a team of ADA-member clinicians, Core Dental makes specialist gum disease treatment accessible, affordable, and convenient.

Take the Next Step

If you are experiencing symptoms of gum disease — bleeding gums, persistent bad breath, receding gums, or loose teeth — do not wait. Early intervention can save teeth and protect your overall health.

Book an appointment with your nearest Core Dental practice for an initial assessment. Your general dentist can evaluate your gum health and, if specialist care is needed, arrange a referral to Dr Nupur Kataria at Core Dental Wyndham.

****Book online at coredental.com.au or call 13 13 16.****