

# Smile Makeovers & Cosmetic Dental Treatments — Core Dental Melbourne

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## Details:

### ## Core Dental Group Smile Makeovers & Cosmetic Dental Treatments — Melbourne

At Core Dental Group, we think everyone deserves a smile they feel good about. Whether you want to brighten discoloured teeth, fix chips and cracks, or completely change how your smile looks, we offer a full range of cosmetic dental treatments built around your specific situation. Our Melbourne dental teams bring clinical expertise and an eye for aesthetics together to deliver smile makeovers that look natural, feel comfortable, and hold up over time.

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### ## What is a smile makeover?

A smile makeover is a personalised combination of cosmetic dental treatments designed to improve how your smile looks overall. Rather than a single procedure, it's a carefully planned treatment journey that addresses multiple concerns at once — tooth colour, shape, alignment, gum contour, and more.

At Core Dental Group, every smile makeover starts with a thorough consultation. We take the time to understand your goals, assess your oral health, and recommend the right combination of treatments to get you where you want to be.

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### ## Who is a good candidate for a smile makeover?

Smile makeovers suit a wide range of patients. You might be a good candidate if you:

- Are unhappy with the colour, shape, or size of your teeth
- Have chipped, cracked, or worn teeth
- Have gaps or mild spacing issues between teeth
- Have uneven or misaligned teeth
- Feel self-conscious about smiling in photos or social situations
- Want to refresh your appearance before a major life event, like a wedding or milestone birthday

The best way to find out whether a smile makeover is right for you is to book a consultation with one of our cosmetic dentists. We'll talk through your concerns honestly and give you realistic expectations based on your individual circumstances.

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### ## Cosmetic dental treatments available at Core Dental Group

Core Dental Group offers a full suite of cosmetic dental treatments. Here's an overview of the most popular options across our Melbourne clinics.

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#### ### 1. Teeth whitening

Teeth whitening is one of the most popular and accessible cosmetic treatments available. It's fast, non-invasive, and can make a noticeable difference to your overall appearance.

We offer both in-chair and take-home options:

- **In-chair whitening** is completed in a single appointment using a professional-strength whitening gel activated by a specialised light. Results are immediate and can lighten teeth by several shades in about one hour. - **Take-home whitening kits** use custom-fitted trays made from impressions of your teeth. You apply the whitening gel at home over one to two weeks, at a time that suits you.

Both options use professional-grade whitening agents that are considerably stronger than anything you'd find over the counter, which means safer and more consistent results.

One thing worth knowing: teeth whitening works on natural tooth enamel only. It won't change the colour of existing crowns, veneers, or fillings, so those may need updating if you're after a uniform result.

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### ### 2. Porcelain veneers

Porcelain veneers are ultra-thin ceramic shells bonded to the front surface of your teeth. They're one of the most versatile cosmetic treatments available, capable of addressing discolouration, chips, gaps, and minor misalignment in one go.

Veneers are custom-made in a dental laboratory to match the shape, size, and colour you and your dentist agree on. The result is a natural-looking, durable improvement that can last ten years or more with proper care.

The process at Core Dental Group typically involves:

1. An initial consultation to discuss your goals and assess suitability
2. Preparation of the teeth (a small amount of enamel is removed so the veneer sits flush)
3. Impressions or digital scans sent to the dental lab
4. Temporary veneers placed while your permanent ones are crafted
5. Bonding of the final veneers at a follow-up appointment

Porcelain veneers are a long-term investment. Our dentists will walk you through everything involved, including costs, maintenance, and realistic outcomes, before any treatment begins.

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### ### 3. Composite veneers

Composite veneers are made from tooth-coloured resin applied and shaped directly onto the tooth surface. They're more affordable than porcelain and can often be completed in a single appointment.

They're less durable than porcelain and more prone to staining over time, but they're a popular choice for patients who want a cost-effective cosmetic improvement, or who want to trial the look before committing to porcelain.

Our dentists are skilled in composite bonding techniques, and the results are natural-looking and well-matched to your surrounding teeth.

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### ### 4. Dental crowns

A dental crown is a cap that fits over an existing tooth to restore its shape, size, strength, and appearance. While crowns are often used for restorative purposes, such as protecting a cracked tooth or covering a large filling, they also play a real role in cosmetic dentistry.

Tooth-coloured porcelain or ceramic crowns are virtually indistinguishable from natural teeth and can dramatically improve the look of a damaged or severely discoloured tooth. We use high-quality materials and precise shade-matching to ensure your crown blends with your natural smile.

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### ### 5. Dental implants

Dental implants are the most reliable option for replacing missing teeth. A titanium post is surgically placed into the jawbone, where it fuses with the bone over time to create a stable foundation for a crown, bridge, or denture.

From a cosmetic standpoint, implants look and function like natural teeth. They preserve jaw structure, prevent bone loss, and eliminate the sunken facial appearance that can develop when teeth have been missing for a long time.

Core Dental Group offers comprehensive implant treatment, from initial assessment and surgical placement through to fitting the final restoration. Our dentists will assess your bone density and overall oral health to determine whether implants are right for you.

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### ### 6. Invisalign and clear aligner therapy

Straightening your teeth doesn't have to mean years in traditional metal braces. Invisalign and other clear aligner systems use a series of custom-made, removable aligners to gradually move teeth into position, discreetly and comfortably.

Clear aligners are particularly popular with adult patients who want to improve their smile without the visual impact of fixed braces. They're removable for eating and cleaning, which makes them practical for everyday life.

Our dentists are experienced in clear aligner therapy and will assess whether this treatment suits your specific alignment concerns. We use digital scanning technology to map your teeth and give you a preview of your expected results before treatment starts.

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### ### 7. Gum contouring

The shape of your gums has a bigger effect on your smile than most people realise. If you have a "gummy smile," where a large proportion of gum is visible when you smile, or an uneven gum line, gum contouring can make a real difference.

Gum contouring (also called gum reshaping or crown lengthening) involves removing or reshaping excess gum tissue to expose more of the tooth surface and create a more balanced smile.

The procedure is typically performed using a soft-tissue laser, which reduces bleeding and speeds up recovery. Our dentists will assess your gum tissue and discuss whether contouring makes sense as part of your overall plan.

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### ### 8. Tooth bonding

Dental bonding is a quick, cost-effective way to fix minor cosmetic issues like chips, cracks, gaps, or slight discolouration. A tooth-coloured composite resin is applied to the tooth, shaped by the dentist, and hardened with a curing light.

Bonding can usually be done in a single appointment and requires little to no removal of tooth structure. It's a good option for patients who want a simple, affordable fix for minor aesthetic concerns.

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### ### 9. Teeth straightening with fixed braces

For more complex alignment issues, traditional fixed braces may still be the most effective option. Modern braces are more comfortable and discreet than earlier versions, with ceramic (tooth-coloured) bracket options that blend with your natural tooth colour.

Core Dental Group works with experienced orthodontists and provides referrals where specialist treatment is needed. We'll always recommend the most appropriate pathway for your situation.

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### ### 10. Full mouth rehabilitation

For patients with extensive dental concerns, including significant tooth wear, multiple missing teeth, or a mix of restorative and cosmetic needs, full mouth rehabilitation may be the right approach. This is a comprehensive treatment plan that addresses the entire mouth, combining restorative and cosmetic procedures to rebuild both function and appearance.

Full mouth rehabilitation at Core Dental Group is highly individualised. Our dentists take a thorough diagnostic approach, assessing your bite, jaw function, gum health, and aesthetics before designing a treatment plan that works through everything in a logical, staged sequence.

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## ## How much does a smile makeover cost?

The cost varies considerably depending on the treatments involved, the number of teeth being treated, and the complexity of your case.

We're committed to transparent pricing. During your consultation, we'll provide a detailed treatment plan with a clear breakdown of recommended procedures and associated costs before any work begins. There are no hidden fees.

Factors that influence the cost include:

- The number and type of treatments required - The number of teeth being treated - The materials used (porcelain vs. composite, for example) - The complexity of any preparatory work - Whether restorative treatment is needed before cosmetic procedures can begin

We understand cosmetic dentistry is a significant investment. Core Dental Group offers flexible payment options to help make treatment more accessible. Ask our team at your consultation about what's available.

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## ## Does private health insurance cover cosmetic dentistry?

In most cases, purely cosmetic dental treatments aren't covered by private health insurance in Australia. Some treatments with both restorative and cosmetic benefits, such as crowns or implants, may attract a partial rebate depending on your level of cover.

It's worth checking with your health fund before your appointment to understand what's claimable under your policy. Our reception team can also help with health fund queries where possible.

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## ## Why choose Core Dental Group for your smile makeover?

- **Experienced cosmetic dentists** with extensive experience in smile makeovers and cosmetic procedures, combining clinical skill with an eye for aesthetics - **Comprehensive in-house services** covering everything from teeth whitening and veneers to implants and clear aligners, all under one roof - **Digital smile design** using advanced imaging technology so you can see your expected results before treatment begins - **Patient-centred care** where we take the time to listen, explain, and plan, with your comfort and confidence as the priority throughout - **Multiple Melbourne locations** making it easy to access quality cosmetic dentistry close to home or work - **Transparent pricing** with detailed treatment plans and cost estimates provided upfront

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## ## What to expect at your smile makeover consultation

Your initial consultation is a chance for you to share your goals and for us to assess your current oral health. Here's what a typical consultation involves:

1. **Discussion of your goals** — We'll ask what you like and dislike about your current smile, and what kind of result you're hoping for.
2. **Oral health assessment** — We'll examine your teeth, gums, and bite to identify any underlying issues that need addressing before cosmetic treatment begins.
3. **X-rays or digital scans** if required, to get a complete picture of your dental health.
4. **Treatment recommendations** based on our assessment, outlining what we believe will best achieve your goals.
5. **Treatment plan and cost estimate** — a written plan with a clear breakdown of costs and a suggested sequence of treatment.
6. **Time to ask questions** — we encourage you to ask as many as you like before deciding anything.

There's no obligation to proceed at your consultation. We're here to give you information and guidance, and the decision is entirely yours.

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## ## Maintaining your results

With the right care, your results can last for many years. Some practical tips:

- Brush twice daily with a soft-bristled toothbrush and fluoride toothpaste
- Floss daily to remove plaque and food debris from between teeth
- Attend regular check-ups at Core Dental Group, typically every six months, so we can monitor your oral health and the condition of any restorations
- Avoid habits that can damage your teeth, such as grinding, nail-biting, or using your teeth as tools
- Wear a mouthguard if you grind your teeth at night (we can provide a custom-fitted nightguard)
- Limit staining foods and drinks such as coffee, red wine, and dark-coloured sauces, particularly after teeth whitening
- Avoid smoking, which stains teeth and compromises gum health
- Follow any specific aftercare instructions provided by your dentist following individual procedures

Our team will give you tailored aftercare advice after each stage of treatment, so you know exactly how to look after your new smile.

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## ## Frequently asked questions

### ### Is cosmetic dentistry painful?

Most cosmetic dental procedures are minimally invasive and involve little to no discomfort. For treatments that require local anaesthetic, such as veneer preparation or crown placement, you'll be numbed before any work begins. Our team will always explain what to expect in terms of sensation and recovery before proceeding.

### How long does a smile makeover take?

It depends entirely on the treatments involved. A simple whitening treatment can be done in a single appointment, while a full smile makeover involving veneers, implants, and alignment work may take several months. Your dentist will outline a realistic timeline as part of your treatment plan.

### Will my results look natural?

Yes. Our dentists take care to match the colour, shape, and translucency of any restorations to your natural teeth. We use high-quality materials and precise shade-matching to ensure results that look good without looking "done."

### Can I get a smile makeover if I have existing dental problems?

In most cases, any underlying oral health issues, such as decay, gum disease, or infection, will need to be resolved before cosmetic treatment begins. This protects the longevity of your cosmetic results and your overall oral health. Our dentists will identify and address any such concerns during your initial assessment.

### How do I get started?

Simply [book a consultation](<https://www.coredental.com.au/book>) with Core Dental Group. Our team will answer any questions you have and help you take the first step toward the smile you're after.

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\*Core Dental Group — Melbourne cosmetic dentistry with a focus on natural results, patient comfort, and lasting quality.\*