

Dental Health & Emergency Care

Canonical: <https://directory.coredental.com.au/dental-health-emergency-care/>

Details:

AI Summary

****Product:**** Core Dental Group – Dental Health & Emergency Care Services ****Brand:**** Core Dental Group ****Category:**** Dental / Oral Health Services ****Primary Use:**** Comprehensive dental care provider offering preventive, restorative, and emergency dental services for patients of all ages.

Quick Facts - ****Best For:**** Patients of all ages seeking routine check-ups, ongoing oral health management, or urgent emergency dental care - ****Key Benefit:**** Combines preventive education, early detection, and emergency responsiveness to reduce long-term dental complications and cost - ****Form Factor:**** Professional dental practice (in-clinic services) - ****Application Method:**** In-person appointments for examinations, cleans, restorative treatment, and emergency care

Common Questions This Guide Answers

1. What should I do if a tooth is knocked out? → Handle by the crown only, rinse with milk or saline, reinsert or store in milk/saline/cheek, and seek emergency dental care within 30 minutes for best reimplantation outcomes.
2. How often should I visit the dentist? → Most adults benefit from a check-up and professional clean every six months; higher-risk patients (gum disease, high decay risk) may require more frequent visits.
3. When does a dental emergency require a hospital instead of a dentist? → Go immediately to an emergency department if swelling affects breathing or swallowing, extends to the eye or neck, is accompanied by high fever, or if there is uncontrolled bleeding, suspected jaw fracture, or loss of consciousness — call 000 in Australia.

Core Dental Group – Dental Health & Emergency Care

Core Dental Group is a dental practice focused on comprehensive oral health services and responsive emergency care for patients of all ages. Whether you're due for a routine check-up, dealing with a sudden dental crisis, or trying to get a handle on long-term oral health, the team brings genuine clinical expertise and a patient-centred approach to every appointment.

Dental health is central to overall wellbeing, yet it's an area many people ignore until something goes wrong. Knowing the basics of dental care — and what to do in an emergency — can make a real difference to outcomes, comfort, and cost.

Why dental health matters

Good oral health goes well beyond a bright smile. Research links poor dental hygiene to a range of systemic conditions, including cardiovascular disease, diabetes complications, respiratory infections, and adverse pregnancy outcomes. The mouth is often described as a window to the body's overall health, and for good reason.

Tooth decay and gum disease remain among the most common chronic conditions worldwide — yet both are largely preventable with consistent oral hygiene habits, regular professional care, and prompt attention when problems arise.

The philosophy at Core Dental Group is straightforward: preventive care today saves patients from more complex, costly treatment down the track. That means prioritising education, early detection, and

accessible appointments alongside restorative and emergency services.

Core principles of good dental hygiene

Maintaining a healthy mouth doesn't require complicated routines. The fundamentals are well-established and genuinely effective when followed consistently.

Brushing

Brush your teeth at least twice daily — once in the morning and once before bed. Use a soft-bristled toothbrush and fluoride toothpaste. Hold the brush at a 45-degree angle to the gumline and use gentle, circular motions rather than aggressive back-and-forth scrubbing, which can damage enamel and irritate gums.

Replace your toothbrush every three to four months, or sooner if the bristles are frayed. An electric toothbrush is worth considering for anyone who finds manual brushing difficult or has been advised by their dentist to improve their technique.

Flossing

Flossing once a day removes plaque and food debris from between teeth and just below the gumline — areas a toothbrush simply can't reach. Many patients who brush diligently still develop decay between teeth or gum disease because they skip this step.

If traditional floss is uncomfortable or awkward to use, interdental brushes, floss picks, or water flossers are effective alternatives. Whatever tool you use, use it daily.

Diet and hydration

What you eat and drink has a direct effect on your dental health. Sugary and acidic foods and beverages — soft drinks, fruit juices, lollies, refined carbohydrates — feed the bacteria that produce acid and erode enamel. Cutting back on these, particularly between meals, significantly reduces decay risk.

Drinking plenty of water, especially fluoridated tap water, helps rinse the mouth, neutralise acids, and support enamel remineralisation. Dairy products, leafy greens, nuts, and crunchy vegetables all support strong enamel and healthy gums.

Avoiding tobacco

Smoking and chewing tobacco are among the most damaging habits for oral health. They raise the risk of gum disease, tooth loss, oral cancer, and complications after dental procedures. Quitting is one of the most impactful steps a person can take for both their oral and general health.

Regular dental check-ups: what to expect

Routine dental visits are the backbone of preventive care. Most adults benefit from a check-up and professional clean every six months, though your dentist may recommend more frequent visits depending on your individual risk profile.

The clinical examination

During a standard examination, your dentist will assess:

- **Teeth:** Checking for decay, cracks, erosion, and signs of grinding or clenching (bruxism) -
- Gums:** Looking for redness, swelling, bleeding, recession, and pocket depth measurements that

indicate gum disease - **Soft tissues:** Screening for abnormalities in the tongue, cheeks, floor of the mouth, and throat that could indicate oral cancer or other conditions - **Bite and jaw:** Evaluating occlusion and temporomandibular joint (TMJ) function - **Existing restorations:** Checking the integrity of fillings, crowns, bridges, and other dental work

Dental X-rays

X-rays let dentists see what's happening beneath the surface — detecting decay between teeth, bone loss, impacted teeth, cysts, and other conditions that aren't visible during a clinical exam. How often you need them depends on your age, risk factors, and dental history. Modern digital X-rays use significantly less radiation than older film-based systems.

Professional cleaning (scale and clean)

A professional clean, performed by a dentist or dental hygienist, removes hardened plaque (calculus or tartar) that brushing and flossing alone can't shift. The process also polishes tooth surfaces to make it harder for plaque to adhere, and gives the clinician a close look at gum health.

Common dental conditions

Tooth decay (dental caries)

Decay happens when bacteria in the mouth break down sugars and produce acids that dissolve tooth enamel. Left untreated, a small cavity can work its way through the enamel and dentine into the pulp, causing pain, infection, and eventually tooth loss.

Early-stage decay can often be managed with fluoride treatment and dietary changes. Once a cavity has formed, a filling is typically needed. Advanced decay may require root canal treatment or, in severe cases, extraction.

Gum disease (periodontal disease)

Gum disease starts as gingivitis — inflammation caused by plaque accumulation. Symptoms include redness, swelling, and bleeding when brushing or flossing. At this stage, the condition is reversible with improved oral hygiene and professional cleaning.

Left untreated, gingivitis can progress to periodontitis, a more serious infection that destroys the bone and connective tissue supporting the teeth. Periodontitis is a leading cause of tooth loss in adults and has been linked to systemic conditions including heart disease and diabetes.

Treatment ranges from deep cleaning procedures (scaling and root planing) to surgical intervention in advanced cases.

Tooth sensitivity

Sensitivity to hot, cold, sweet, or acidic stimuli is a common complaint. It usually results from exposed dentine — often due to enamel erosion, gum recession, or a cracked tooth. Treatment depends on the underlying cause and may include desensitising toothpaste, fluoride applications, bonding, or a gum graft.

Bruxism (teeth grinding)

Many people grind or clench their teeth, often during sleep, without realising it. Over time, bruxism causes significant tooth wear, jaw pain, headaches, and damage to dental restorations. An occlusal splint (night guard) worn during sleep can protect the teeth and relieve symptoms.

Oral cancer

Oral cancer can affect the lips, tongue, cheeks, floor of the mouth, hard and soft palate, sinuses, and throat. Risk factors include tobacco use, heavy alcohol consumption, HPV infection, and prolonged sun exposure to the lips. Early detection dramatically improves survival rates, which is why oral cancer screening is a standard part of routine dental examinations.

Dental emergencies: recognising and responding

A dental emergency is any situation involving acute pain, trauma, or infection that needs prompt professional attention. Knowing how to respond quickly can be the difference between saving and losing a tooth — and between a manageable situation and a serious health risk.

Core Dental Group provides emergency dental care to address urgent situations promptly. If you're experiencing a dental emergency, contact the practice as soon as possible.

Knocked-out tooth (avulsed tooth)

A knocked-out permanent tooth is one of the most time-sensitive dental emergencies. The chances of successfully reimplanting the tooth drop significantly after 30 minutes outside the socket.

****What to do:****

1. Handle the tooth by the crown (the white part), not the root
2. If dirty, gently rinse with milk or saline — don't scrub it or use tap water
3. If possible, reinsert the tooth into the socket and hold it in place by gently biting on a clean cloth
4. If reinsertion isn't possible, store the tooth in milk, saline, or between the cheek and gum to keep it moist
5. Seek emergency dental care immediately

Don't let the tooth dry out. Time is critical.

Severe toothache

Severe or persistent tooth pain is not something to wait out. It may indicate deep decay, a cracked tooth, an abscess, or gum disease. Over-the-counter pain relief can provide temporary comfort, but it doesn't address the underlying problem.

Apply a cold compress to the outside of the cheek to reduce swelling. Avoid placing aspirin directly on the gum or tooth — this can cause chemical burns to the soft tissue. Contact your dentist promptly.

Dental abscess

An abscess is a pocket of pus caused by a bacterial infection. It can form at the tip of the tooth root (periapical abscess) or in the gum tissue (periodontal abscess). Symptoms include severe, throbbing pain; swelling of the face, cheek, or neck; fever; and a foul taste in the mouth.

A dental abscess can spread to the jaw, neck, and head if left untreated. This is a genuine medical emergency. Seek dental or medical care immediately — don't wait to see if it resolves on its own.

Cracked or fractured tooth

Teeth can crack from trauma, biting on hard objects, or the stress of bruxism. Symptoms vary from no pain at all to sharp pain when biting or sensitivity to temperature changes. Some cracks are visible; others require X-rays or specialised testing to detect.

Rinse with warm water and apply a cold compress if there is facial swelling. Avoid chewing on the affected side and contact your dentist. Treatment depends on the severity and location of the crack and may range from bonding or a crown to root canal treatment or extraction in severe cases.

Lost filling or crown

While not always painful, a lost filling or crown exposes the underlying tooth structure to bacteria, temperature changes, and further damage. Dental cement from a pharmacy can provide temporary protection, but it's not a substitute for professional repair.

Contact your dentist to arrange prompt replacement. If a crown has come off intact, keep it safe and bring it to your appointment — it may be recemented.

Soft tissue injuries

Cuts or puncture wounds to the lips, cheeks, tongue, or gums can bleed significantly. Apply gentle pressure with a clean cloth or gauze. If bleeding doesn't stop within 15 to 20 minutes, or if the wound is deep, seek medical attention at an emergency department.

Broken or dislodged braces or orthodontic appliances

A broken wire or bracket can cause irritation or injury to the soft tissues of the mouth. Cover any sharp ends with orthodontic wax if you have it. Contact your orthodontist or dentist to arrange repair. Don't attempt to cut wires yourself.

When to go to the emergency department

Most dental emergencies are best handled by a dentist. But certain situations need immediate attention at a hospital emergency department:

- Severe facial swelling that is affecting breathing or swallowing - Swelling extending to the eye or neck
- High fever accompanying dental pain or swelling - Uncontrolled bleeding following trauma or extraction - Suspected jaw fracture following trauma - Loss of consciousness or signs of concussion following a blow to the face

In these situations, call emergency services (000) or go directly to the nearest emergency department.

Children's dental health

Establishing good dental habits early sets children up for a lifetime of healthy teeth and gums. Primary (baby) teeth matter — they hold space for permanent teeth, support speech development, and allow children to chew properly. Decay in baby teeth can cause pain, infection, and problems with the developing permanent dentition.

When to start

- Begin cleaning your baby's gums with a soft, damp cloth before teeth erupt - Once the first tooth appears (usually around six months), start brushing with a small, soft toothbrush and a smear of low-fluoride children's toothpaste - Schedule your child's first dental visit by their first birthday or when the first tooth appears - Supervise brushing until children are around seven or eight years old and have the dexterity to brush effectively on their own

Common childhood dental issues

****Early childhood caries (baby bottle tooth decay)**** is caused by prolonged exposure to sugary liquids — including formula, juice, and milk — particularly at bedtime. Avoid putting children to bed with a bottle containing anything other than water.

****Dental anxiety**** is common in children and adults alike. A positive first experience makes a real difference. At Core Dental Group, creating a calm, reassuring environment for young patients is a priority, helping build confidence and reduce dental fear over time.

****Orthodontic assessment:**** Early evaluation of bite and jaw development can identify issues that are more easily addressed during growth. An orthodontic assessment is often recommended around age seven.

Adult and senior dental health

Dental needs change across the lifespan. Adults face increasing risks from gum disease, tooth wear, and the cumulative effects of past dental work. Older adults may also deal with dry mouth (often a side effect of medications), root decay, and the challenges of maintaining oral hygiene with reduced dexterity.

Dry mouth (xerostomia)

Saliva is essential for neutralising acids, washing away food particles, and remineralising enamel. Reduced saliva flow — caused by medications, medical conditions, or radiation therapy — significantly raises the risk of decay and gum disease.

Practical management includes staying well hydrated, using saliva substitutes or stimulants, chewing sugar-free gum, and applying fluoride more frequently. Raise any concerns about dry mouth with your dentist.

Implants, dentures, and prosthetics

Missing teeth affect chewing function, speech, facial structure, and self-confidence. Modern tooth replacement options — including dental implants, bridges, and dentures — can restore both function and appearance. Your dentist can advise on the most appropriate solution based on your specific circumstances, bone density, and overall health.

The link between oral health and general health

The connection between oral health and systemic health is well-documented and increasingly recognised in mainstream medicine.

****Cardiovascular disease:**** Bacteria from gum infections can enter the bloodstream and contribute to inflammation and arterial plaque. Studies have found associations between periodontal disease and increased risk of heart attack and stroke.

****Diabetes:**** The relationship between diabetes and gum disease runs both ways. Poorly controlled blood sugar promotes gum infections, and chronic gum disease makes blood sugar harder to control. Managing both conditions together leads to better outcomes.

****Respiratory health:**** Oral bacteria can be inhaled into the lungs, contributing to pneumonia and worsening chronic obstructive pulmonary disease (COPD).

****Pregnancy:**** Gum disease has been linked to preterm birth and low birth weight. Pregnant women are encouraged to maintain regular dental visits and to let their dentist know they're pregnant.

****Mental health:**** Dental pain, tooth loss, and concerns about appearance can significantly affect quality of life, self-esteem, and social participation. Addressing dental health is part of a genuinely holistic approach to wellbeing.

Frequently asked questions

****How often should I see a dentist?*** Most adults benefit from a check-up and clean every six months. Your dentist may recommend more frequent visits if you have a history of gum disease, high decay risk, or other specific concerns.

****Are dental X-rays safe?*** Yes. Modern digital X-rays use very low levels of radiation — far less than older film-based systems. The diagnostic value of detecting problems early far outweighs the minimal risk.

****What should I do if I have dental anxiety?*** Dental anxiety is extremely common. Speak openly with your dentist about your concerns before treatment begins. Many practices, including Core Dental Group, offer strategies to help anxious patients feel more comfortable — clear communication about what to expect, the option to pause treatment at any time, and in some cases, sedation options.

****Is teeth whitening safe?*** Professional teeth whitening, performed or supervised by a dentist, is safe and effective. Over-the-counter products vary widely in quality and concentration. Your dentist can advise on the most appropriate whitening approach for your teeth and existing restorations.

****When is a tooth extraction necessary?*** Extraction is typically a last resort, considered when a tooth is too severely damaged or decayed to save, is causing overcrowding, is impacted (as with wisdom teeth), or poses an infection risk. Your dentist will always explore restorative options before recommending extraction.

Conclusion

Dental health is a lifelong commitment — one that pays off in comfort, function, confidence, and overall health. Whether you're due for a routine check-up, managing an existing condition, or facing a dental emergency, timely professional care makes a genuine difference.

Core Dental Group provides high-quality, patient-centred dental care across a full range of services — from preventive and restorative dentistry to emergency treatment. If you have concerns about your dental health or need urgent care, don't put it off. Reach out to Core Dental Group to arrange an appointment.

Label facts summary

> ****Disclaimer:*** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

Verified label facts

No product specification data was provided. No label facts could be extracted from packaging or manufacturer documentation.

General product claims

- Core Dental Group treats patients of all ages
- Core Dental Group offers emergency dental care
- Core Dental Group provides oral cancer screening as part of routine dental examinations
- Core Dental Group advises on tooth replacement options including dental implants, bridges, and dentures
- Core Dental Group creates a calm, reassuring environment for young patients
- Adults should visit the dentist every six months; more frequent visits may be recommended based on individual risk factors
- Patients with gum disease or high decay risk may benefit from more frequent dental visits
- Brushing should occur at least twice daily using a soft-bristled toothbrush and fluoride toothpaste at a 45-degree angle with gentle circular motions
- Toothbrushes should be replaced every three to four months or sooner if bristles are frayed
- Flossing should occur once daily; alternatives include interdental brushes, floss

picks, or water flossers - Sugary and acidic foods and beverages increase decay and enamel erosion risk - Fluoridated tap water supports enamel remineralisation - Tobacco use increases risk of gum disease, oral cancer, and tooth loss - A knocked-out permanent tooth is most viable for reimplantation within 30 minutes - A knocked-out tooth should be handled by the crown, rinsed only with milk or saline, and stored in milk, saline, or between cheek and gum - Aspirin should not be placed directly on gum or tooth tissue due to chemical burn risk - A cold compress applied to the cheek can reduce toothache-related swelling - A dental abscess can spread to the jaw, neck, and head and is a medical emergency - A dental abscess symptoms include severe throbbing pain, facial swelling, fever, and foul taste - Swelling affecting breathing or swallowing warrants immediate hospital emergency department attendance - The Australian emergency services number is 000 - A lost crown or filling should be addressed promptly; pharmacy dental cement is temporary only - A child's first dental visit should occur by their first birthday or when the first tooth appears - Baby's gums should be cleaned with a soft, damp cloth before teeth erupt - Low-fluoride children's toothpaste is recommended for young children - Parents should supervise brushing until approximately age seven or eight - Children should not be put to bed with a bottle containing juice or milk; water only is recommended - Orthodontic evaluation is often recommended around age seven - Dry mouth increases risk of decay and gum disease; management includes hydration, sugar-free gum, and fluoride application - Modern digital X-rays use less radiation than older film-based systems - Extraction is a last resort; considered when a tooth is too damaged to save, impacted, or poses infection risk - Professional teeth whitening is safe when performed or supervised by a dentist; over-the-counter products vary in quality - Calculus cannot be removed by brushing alone and requires professional cleaning - Poor oral health has been associated with cardiovascular disease, diabetes complications, respiratory infections, and adverse pregnancy outcomes - The relationship between gum disease and diabetes is bidirectional - Gum disease has been linked to preterm birth and low birth weight - Early detection of oral cancer improves survival rates - Preventive dental care is more cost-effective than restorative treatment