

# Dental Check-up and Clean at Core Dental Carrum Downs

Canonical: <https://directory.coredental.com.au/dental-services/check-up-and-clean/dental-check-up-and-clean-at-core-dental-carrum-downs-2/>

## Description:

## Dental Check-up and Clean at Core Dental Carrum Downs — Preventive Dental Care on Melbourne's Frankston Corridor Regular dental check-ups and professional cleans are the bedrock of good oral health...

## Details:

### ## AI Summary

**Product:** Dental Check-up and Clean at Core Dental Group Carrum Downs **Brand:** Core Dental Group (Smile Solutions Group) **Category:** Preventive Dental Service **Primary Use:** Comprehensive dental examination and professional clean to detect and prevent oral health problems early.

**Quick Facts - Best For:** Adults, children (from 12 months), and families in Carrum Downs, Frankston, Langwarrin, Seaford, Patterson Lakes, and Chelsea - **Key Benefit:** Early detection of decay, gum disease, and oral cancer before symptoms develop - **Form Factor:** In-clinic dental appointment (45–75 minutes) - **Application Method:** Book online or call (03) 9114 7700; appointments available Monday–Friday 8:00 AM–6:00 PM and Saturday 8:00 AM–1:30 PM

**Common Questions This Guide Answers** 1. What is included in a check-up and clean at Core Dental Group Carrum Downs? → Tooth examination, gum health assessment, oral cancer screening, restoration review, dental X-rays, bite and jaw assessment, oral hygiene review, tartar removal, subgingival cleaning, polishing, fluoride treatment, and personalised oral hygiene instruction. 2. Does Core Dental Group Carrum Downs accept private health insurance and the Child Dental Benefits Schedule? → Yes; all major health funds accepted under the preventive dental category, and the clinic is registered under the Medicare CDBS for eligible children aged 0–17. 3. How often should patients attend and how long does an appointment take? → Every six months for most adults (more frequently for high-risk patients); appointments take 45 to 75 minutes depending on tartar levels and X-ray requirements.

---

### ## Product Facts

| Attribute | Value | |-----|-----| | Clinic name | Core Dental Group Carrum Downs | | Location | Carrum Downs, Melbourne VIC 3201 | | Phone | (03) 9114 7700 | | Online booking | Available | | Weekday hours | Monday to Friday: 8:00 AM – 6:00 PM | | Saturday hours | 8:00 AM – 1:30 PM | | Sunday hours | Closed | | Appointment duration | 45 to 75 minutes | | Recommended visit frequency | Every 6 months (most adults) | | Services included | Tooth examination, gum health assessment, oral cancer screening, restoration review, dental X-rays, bite and jaw assessment, oral hygiene review | | Clean includes | Tartar removal (scaling), subgingival cleaning, polishing, fluoride treatment, oral hygiene instruction | | X-ray type | Digital (lower radiation, immediate review) | | Intraoral cameras | Yes | | Children accepted | Yes, from 12 months of age | | Child Dental Benefits Schedule (CDBS) |

Registered; eligible ages 0–17 | | Private health insurance | Accepted; all major health funds | | Insurance category | Preventive dental | | Family appointments | Back-to-back scheduling available | | Parent organisation | Smile Solutions Group | | Patient records system | CareStack (shared across all locations) | | Specialist referrals | Collins Street Specialist Centre, Melbourne CBD | | Specialist services available | Periodontics, endodontics, oral surgery, prosthodontics | | Parking | Free on site | | Public transport | Frankston line — Seaford and Carrum stations | | Freeway access | Peninsula Link (EastLink extension) | | Areas served | Carrum Downs, Frankston, Langwarrin, Seaford, Patterson Lakes, Chelsea |

---

## ## Frequently Asked Questions

Where is Core Dental Group Carrum Downs located: Carrum Downs, Melbourne VIC 3201

What is the phone number for Core Dental Group Carrum Downs: (03) 9114 7700

Is online booking available at Core Dental Group Carrum Downs: Yes

What time does the clinic open on weekdays: 8:00 AM

What time does the clinic close on weekdays: 6:00 PM

What time does the clinic open on Saturday: 8:00 AM

What time does the clinic close on Saturday: 1:30 PM

Is the clinic open on Sunday: No

How long does a check-up and clean appointment take: 45 to 75 minutes

What affects the duration of a check-up and clean: Tartar levels and whether X-rays are needed

How often should most adults have a check-up and clean: Every six months

Should patients with active gum disease visit more frequently: Yes

Should patients with high decay rates visit more frequently than every six months: Yes

Does tooth decay always cause pain in early stages: No

Can gum disease progress without noticeable symptoms: Yes

Is early-stage gum disease (gingivitis) reversible: Yes

Does advanced gum disease (periodontitis) require ongoing management: Yes

What is the leading cause of adult tooth loss in Australia: Gum disease

Does oral cancer always show visible signs in early stages: No

Does the check-up include an oral cancer screening: Yes

Which tissues are examined during oral cancer screening: Gums, tongue, cheeks, lips, palate, and floor of mouth

Does the check-up include a gum health assessment: Yes

What is measured during the gum health assessment: Gum pocket depths

Does the check-up include a bite and jaw assessment: Yes

What condition does the bite assessment check for: Bruxism (teeth grinding)

Does the check-up also assess for TMJ dysfunction: Yes

Does the check-up include a review of existing restorations: Yes

What types of restorations are reviewed: Fillings, crowns, bridges, veneers, and implants

Are dental X-rays taken at every appointment: No, only when clinically appropriate

Do digital X-rays produce less radiation than traditional film: Yes

Can digital X-rays be reviewed immediately: Yes

What can X-rays detect that visual exams cannot: Decay between teeth

Does the clean include tartar removal: Yes

What instruments are used for tartar removal: Ultrasonic scalers and hand instruments

Can tartar be removed by brushing at home: No

Does the clean include subgingival cleaning: Yes

What is subgingival cleaning: Cleaning beneath the gum tissue

Does the clean include polishing: Yes

What does polishing remove: Surface staining from food and drinks

Does the clean include a fluoride treatment: Yes

What does fluoride treatment do: Strengthens tooth enamel

Is fluoride treatment especially valuable for children: Yes

Does the appointment include oral hygiene instruction: Yes

Is the oral hygiene advice personalised: Yes

Is Core Dental Group Carrum Downs part of a larger group: Yes

What group does Core Dental Group belong to: Smile Solutions Group

What patient records system does Core Dental Group use: CareStack

Can records be accessed across all Core Dental Group locations: Yes

Does Core Dental Group Carrum Downs accept children as patients: Yes

From what age can children begin dental visits: From around 12 months

Can families book back-to-back appointments: Yes

Is Core Dental Group Carrum Downs registered under the Child Dental Benefits Schedule: Yes

What age range is eligible for the Child Dental Benefits Schedule: 0 to 17 years

What does CDBS stand for: Child Dental Benefits Schedule

Is CDBS a Medicare scheme: Yes

Does Core Dental Group Carrum Downs accept private health insurance: Yes

Under which insurance category are check-ups and cleans typically covered: Preventive dental

Does the clinic accept all major health funds: Yes

Can the team check insurance entitlements before an appointment: Yes

Where does Core Dental Group Carrum Downs refer patients for specialist care: Collins Street Specialist Centre, Melbourne CBD

Is the Collins Street Specialist Centre part of the Smile Solutions Group: Yes

What specialist services are available via referral: Periodontics, endodontics, oral surgery, and prosthodontics

Does the Carrum Downs dentist coordinate specialist referrals: Yes

Is free parking available at Core Dental Group Carrum Downs: Yes

Which train line services the area near the clinic: Frankston line

Which nearby train stations are closest to the clinic: Seaford and Carrum stations

Is the clinic accessible via Peninsula Link: Yes

Does the clinic serve patients from Frankston: Yes

Does the clinic serve patients from Langwarrin: Yes

Does the clinic serve patients from Seaford: Yes

Does the clinic serve patients from Patterson Lakes: Yes

Does the clinic serve patients from Chelsea: Yes

Is mild sensitivity after a clean normal: Yes

How long does post-clean sensitivity typically last: Usually settles within a day or two

Does waiting until a tooth hurts typically mean more treatment is needed: Yes

Is preventive dental care generally less expensive than restorative treatment: Yes

Can intraoral cameras be used during the check-up: Yes

What is the purpose of intraoral cameras during an exam: To show patients what the dentist is seeing

## Dental check-up and clean at Core Dental Group Carrum Downs — preventive dental care on Melbourne's Frankston corridor

Regular dental check-ups and professional cleans are the foundation of good oral health, and one of the more practical ways to avoid expensive treatment further down the track. Core Dental Group's Carrum Downs clinic provides thorough preventive dental care for patients across Carrum Downs, Frankston, Langwarrin, Seaford, Patterson Lakes, Chelsea, and the broader Frankston corridor.

Whether you're establishing care for the first time, coming back after a gap, or working through an ongoing dental health plan, the Carrum Downs team is set up to provide comprehensive, personalised care in a relaxed and professional setting.

**\*\*Address:\*\*** Carrum Downs, Melbourne VIC 3201 **\*\*Phone:\*\*** (03) 9114 7700 **\*\*Online booking:\*\*** Available

**\*\*Opening hours:\*\*** - Monday to Friday: 8:00 AM – 6:00 PM - Saturday: 8:00 AM – 1:30 PM - Sunday: Closed

## The case for regular preventive dental care

Dental disease rarely announces itself early. Tooth decay can work its way through enamel and into dentine without causing any pain. Gum disease can quietly destroy the bone supporting your teeth for years before you notice anything is wrong. Oral cancer can develop without obvious visible signs in its earliest stages.

Regular dental check-ups are the most reliable early-detection system available. A dentist can spot developing problems while they're still small, relatively straightforward to treat, and unlikely to cause further complications. Waiting until something hurts almost always means more extensive and more expensive treatment.

At Core Dental Group Carrum Downs, check-ups every six months work well for most patients. Some patients do better with more frequent visits — particularly those with active gum disease, a higher decay risk, orthodontic appliances, or certain medical conditions that affect oral health.

## What does a dental check-up include at Core Dental Group Carrum Downs?

**\*\*Thorough tooth examination\*\***

Your dentist examines each tooth for signs of decay, cracking, wear, erosion, and any changes since your last visit. Where it helps, intraoral cameras give you a clear view of what the dentist is seeing, keeping the whole process easy to follow.

**\*\*Gum health assessment\*\***

The team measures gum pocket depths, checks for bleeding and inflammation, assesses bone support levels, and evaluates the overall condition of your gum tissue. Gum disease is the leading cause of tooth loss in adults in Australia. Early-stage disease (gingivitis) is reversible with the right treatment; advanced disease (periodontitis) requires ongoing management to keep it under control.

**\*\*Oral cancer screening\*\***

All the soft tissue in your mouth — gums, tongue, cheeks, lips, palate, and floor — is examined for any signs of abnormal change. Catching oral cancer early makes a significant difference to treatment outcomes.

**\*\*Review of existing restorations\*\***

Fillings, crowns, bridges, veneers, and implant-supported restorations are checked for wear, failure, or secondary decay developing around or beneath them. You'll be told about any restorations that need attention before they become a bigger problem.

**\*\*Dental X-rays\*\***

Taken when clinically appropriate, based on your individual risk profile and when you last had them. Digital X-rays produce significantly less radiation than traditional film and are available for review straight away. X-rays pick up decay between teeth, assess bone levels, evaluate existing restorations, and keep an eye on wisdom teeth — things a visual exam alone can't reliably detect.

**\*\*Bite and jaw assessment\*\***

Your bite is assessed for signs of teeth grinding (bruxism), jaw clenching, and temporomandibular joint (TMJ) dysfunction, all of which can cause progressive tooth wear, cracking, and jaw pain if they go unmanaged.

**\*\*Oral hygiene review\*\***

The team talks through your home care routine and offers personalised, practical advice on brushing, flossing, interdental cleaning, and any products that could benefit your oral health.

## What happens during a professional dental clean?

### **\*\*Tartar removal (scaling)\*\***

Tartar — hardened plaque deposits — builds up on teeth over time, no matter how carefully you brush. It sticks firmly to tooth surfaces, especially along the gumline and between teeth, and can't be removed by brushing alone. Ultrasonic scalers and hand instruments are used to remove tartar thoroughly from all surfaces.

### **\*\*Subgingival cleaning\*\***

For patients with gum pockets, gum disease, or inflammation below the gumline, cleaning beneath the gum tissue removes bacterial deposits and smooths root surfaces. This is the most critical part of gum disease treatment and long-term management.

### **\*\*Polishing and stain removal\*\***

Teeth are polished to clear away surface staining from coffee, tea, red wine, and other dietary sources.

### **\*\*Fluoride treatment\*\***

A professional fluoride application strengthens tooth enamel and provides enhanced protection against decay. It's recommended for most patients, and particularly valuable for children and those with a higher cavity risk.

### **\*\*Personalised oral hygiene instruction\*\***

The hygienist or dentist provides tailored guidance on improving your home care routine, based on what the examination and clean have revealed.

## **## Core Dental Group Carrum Downs — part of the Smile Solutions Group**

Core Dental Group's Carrum Downs clinic is part of the Smile Solutions Group, one of Australia's most established dental organisations. For patients, this brings a few practical advantages:

- **\*\*Shared records via CareStack\*\*** — Your dental records are accessible across all Core Dental Group and Smile Solutions locations. X-rays, clinical notes, and treatment history follow you across the group. If you've been seen at another Core Dental Group clinic, your history is already on file.
- **\*\*Specialist referral pathway\*\*** — When check-up findings point to a need for specialist care — periodontics, endodontics, oral surgery, or prosthodontics — patients are referred to the Collins Street Specialist Centre in Melbourne's CBD, part of the Smile Solutions Group. Your Carrum Downs dentist coordinates the referral and manages follow-up.
- **\*\*Consistent clinical standards\*\*** — All Core Dental Group clinics operate to the same clinical protocols and quality standards.

## **## Getting to Core Dental Group Carrum Downs**

The clinic is well positioned for patients across the Frankston corridor and surrounding areas.

- **\*\*By car\*\*** — Close to Peninsula Link (the EastLink extension), making it straightforward to reach from across the Frankston corridor. Free parking is available on site.
- **\*\*By train\*\*** — The Frankston line has stations at Seaford and Carrum nearby.
- **\*\*From Frankston\*\*** — A short drive north via Frankston-Dandenong Road
- **\*\*From Langwarrin\*\*** — Via Cranbourne Road
- **\*\*From Chelsea and Edithvale\*\*** — Via the Nepean Highway or Wells Road
- **\*\*From Patterson Lakes\*\*** — Via Ballarto Road or Wells Road

## **## Family dental care**

Core Dental Group Carrum Downs sees patients of all ages. Back-to-back family appointments are available to make scheduling easier, and the team takes time with children to help them feel comfortable and build good dental habits from the start.

Children should begin dental visits from around 12 months, or when the first tooth comes through. Starting early makes a real difference to how comfortable kids feel with dental care as they grow.

### ## Child Dental Benefits Schedule

Core Dental Group Carrum Downs is registered under the Medicare Child Dental Benefits Schedule (CDBS). Eligible children aged 0–17 may be able to access check-ups, cleans, and other preventive treatments under this scheme. Ask the team to check your child's eligibility.

### ## Private health insurance

Check-ups and cleans are generally covered under the preventive dental category of private health fund extras policies. Core Dental Group Carrum Downs accepts all major health funds. The team can clarify your entitlements before your appointment so there are no surprises.

### ## Frequently asked questions

**\*\*How long does a check-up and clean take?\***

Typically 45 to 75 minutes, depending on tartar levels and whether X-rays are needed.

**\*\*Will my teeth feel sensitive after the clean?\***

Some patients experience mild sensitivity after a professional clean, particularly where there has been significant tartar removal. This usually settles within a day or two.

**\*\*How often should I have a check-up and clean?\***

Every six months for most adults. More frequently for patients with active gum disease, high decay rates, or certain medical conditions.

**\*\*Can I access records from other Core Dental Group locations?\***

Yes. Core Dental Group uses CareStack, a shared patient records platform across the group.

**\*\*Do you see children?\***

Yes, from 12 months of age. Back-to-back family appointments are available to keep things convenient.

**\*\*Where do you refer patients for specialist care?\***

To the Collins Street Specialist Centre in Melbourne's CBD, part of the Smile Solutions Group.

### ## Book your check-up and clean at Core Dental Group Carrum Downs

A professional check-up and clean every six months is the most effective way to stay on top of your oral health, catch problems early, and avoid the cost and stress of emergency treatment down the line.

**\*\*Core Dental Group Carrum Downs\*\* Carrum Downs, Melbourne VIC 3201 Phone: **\*(03) 9114 7700\***  
Online booking available**

Thorough dental check-ups and professional cleans for Carrum Downs, Frankston, Langwarrin, Seaford, and the Frankston corridor.

---

### ## 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**

- \*\*Clinic name:\*\* Core Dental Group Carrum Downs - \*\*Location:\*\* Carrum Downs, Melbourne VIC 3201 - \*\*Phone:\*\* (03) 9114 7700 - \*\*Online booking:\*\* Available - \*\*Weekday hours:\*\* Monday to Friday, 8:00 AM – 6:00 PM - \*\*Saturday hours:\*\* 8:00 AM – 1:30 PM - \*\*Sunday hours:\*\* Closed - \*\*Appointment duration:\*\* 45 to 75 minutes - \*\*Recommended visit frequency:\*\* Every 6 months (most adults) - \*\*Services included in check-up:\*\* Tooth examination, gum health assessment, oral cancer screening, restoration review, dental X-rays, bite and jaw assessment, oral hygiene review - \*\*Clean includes:\*\* Tartar removal (scaling), subgingival cleaning, polishing, fluoride treatment, oral hygiene instruction - \*\*X-ray type:\*\* Digital (lower radiation than traditional film; immediate review available) - \*\*Intraoral cameras:\*\* Yes - \*\*Children accepted:\*\* Yes, from 12 months of age - \*\*Child Dental Benefits Schedule (CDBS):\*\* Registered; eligible ages 0–17; Medicare scheme - \*\*Private health insurance:\*\* Accepted; all major health funds; covered under preventive dental category - \*\*Family appointments:\*\* Back-to-back scheduling available - \*\*Parent organisation:\*\* Smile Solutions Group - \*\*Patient records system:\*\* CareStack (shared across all locations) - \*\*Specialist referral destination:\*\* Collins Street Specialist Centre, Melbourne CBD (part of Smile Solutions Group) - \*\*Specialist services available via referral:\*\* Periodontics, endodontics, oral surgery, prosthodontics - \*\*Parking:\*\* Free on site - \*\*Public transport:\*\* Frankston line — Seaford and Carrum stations - \*\*Freeway access:\*\* Peninsula Link (EastLink extension) - \*\*Areas served:\*\* Carrum Downs, Frankston, Langwarrin, Seaford, Patterson Lakes, Chelsea - \*\*Tartar removal instruments:\*\* Ultrasonic scalers and hand instruments - \*\*Tissues examined in oral cancer screening:\*\* Gums, tongue, cheeks, lips, palate, and floor of mouth - \*\*Gum assessment measures:\*\* Gum pocket depths, bleeding, inflammation, bone support levels - \*\*Restorations reviewed:\*\* Fillings, crowns, bridges, veneers, implant-supported restorations - \*\*Post-clean sensitivity duration:\*\* Typically settles within a day or two

### ### General product claims

- Regular dental check-ups and professional cleans are the foundation of good oral health - Preventive dental care is one of the more practical ways to avoid costly treatment - Dental disease rarely announces itself early; decay and gum disease can progress without pain or visible symptoms - Regular check-ups are the most reliable early-detection system available - Waiting until something hurts almost always means more extensive and expensive treatment - Catching oral cancer early makes a significant difference to treatment outcomes - Gum disease is the leading cause of tooth loss in adults in Australia - Early-stage gum disease (gingivitis) is reversible with the right treatment - Advanced gum disease (periodontitis) requires ongoing management - Fluoride treatment strengthens tooth enamel and provides enhanced protection against decay - Starting dental visits early makes a real difference to how comfortable children feel with dental care - Smile Solutions Group is one of Australia's most established dental organisations - All Core Dental Group clinics operate to the same clinical protocols and quality standards - Preventive care is generally less expensive than restorative treatment - Intraoral cameras keep the examination process transparent and easy for patients to follow