

# Dental Check-up and Clean at Core Dental South Melbourne

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

## Description:

## Dental Check-up and Clean at Core Dental South Melbourne — Preventive Care Near South Melbourne Market A dental check-up and professional clean is one of the most important routine health appointments...

## Details:

## AI Summary

**Product:** Dental Check-up and Clean at Core Dental Group South Melbourne **Brand:** Core Dental Group (part of Smile Solutions Group) **Category:** Preventive Dental Care / General Dentistry **Primary Use:** Routine dental examination and professional cleaning to detect oral health issues early and maintain long-term dental health.

### Quick Facts - **Best For:** Adults and children in South Melbourne, Albert Park, Middle Park, Port Melbourne, and Southbank seeking routine preventive dental care - **Key Benefit:** Early detection of decay, gum disease, and oral cancer before symptoms develop, reducing treatment complexity and cost - **Form Factor:** In-clinic appointment at 87 Market Street, South Melbourne VIC 3205 - **Application Method:** Book online or by phone; appointments available Monday–Friday 8:00 AM–6:00 PM and Saturday 8:00 AM–1:30 PM

### Common Questions This Guide Answers 1. How long does a check-up and clean take? → Typically 45 to 75 minutes, depending on tartar build-up and whether X-rays are required 2. How often should adults have a dental check-up and clean? → Every six months for most adults; higher-risk patients may require more frequent visits 3. Is the Child Dental Benefits Schedule (CDBS) accepted here? → Yes; eligible children aged 0–17 can access check-ups, cleans, and preventive treatments under Medicare CDBS

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## Core Dental Group check-up and clean at Core Dental South Melbourne — preventive care near South Melbourne Market

A dental check-up and professional clean is one of the most important routine health appointments you can keep. Core Dental Group makes it straightforward — located at 87 Market Street, steps from South Melbourne Market, with early weekday appointments and Saturday morning availability to fit around your schedule.

The South Melbourne clinic sees patients from South Melbourne, Albert Park, Middle Park, Port Melbourne, Southbank, and the broader inner south.

**Address:** 87 Market Street, South Melbourne VIC 3205 **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

### ## Why routine check-ups and cleans matter

Dental disease is largely preventable, and the most effective prevention happens at two levels: what you do at home every day, and what happens at your six-monthly check-up and clean.

Many dental problems develop silently. Early tooth decay, gum disease, cracked teeth, and early-stage oral cancer often produce no obvious symptoms until they've progressed to a point where treatment is more involved, more expensive, and more uncomfortable. A routine check-up catches these issues early, while they're still simple and inexpensive to address.

Regular check-ups also let your dentist track changes over time, assess your individual risk factors, and give advice tailored to your specific oral health situation.

### ## What's included in a dental check-up at Core Dental Group's South Melbourne clinic?

#### **\*\*Tooth-by-tooth examination\*\***

Your dentist examines every tooth for signs of decay, cracking, wear, acid erosion, and any changes since your last visit. Intraoral cameras show you what the dentist is seeing — useful for you, and a reliable record for future comparisons.

#### **\*\*Gum assessment\*\***

Gum disease affects the majority of Australian adults to some degree and is a leading cause of tooth loss. Your dentist assesses the depth of your gum pockets, checks for bleeding and inflammation, and evaluates bone support levels. Gingivitis (early gum disease) is reversible. Periodontitis (advanced gum disease) requires ongoing management. Catching it early makes a real difference.

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

Your dentist examines the soft tissues in your mouth — tongue, cheeks, gums, lips, and the floor and roof of the mouth — for any signs of abnormal change. Oral cancer has much better treatment outcomes when identified early.

#### **\*\*Review of existing dental work\*\***

Fillings, crowns, bridges, and veneers deteriorate over time. Your dentist will assess the condition of your existing restorations and flag any that are failing, developing secondary decay underneath, or approaching the end of their useful life.

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

X-rays are taken based on your risk profile and how long it's been since your last set. Bitewing X-rays detect decay between teeth. Periapical X-rays show the roots and surrounding bone. Digital OPG provides a complete panoramic view. X-rays pick up things a visual examination simply can't.

#### **\*\*Jaw, bite, and TMJ assessment\*\***

Your dentist checks your bite for signs of grinding (bruxism), clenching, or jaw joint issues that cause long-term tooth wear and jaw pain.

#### **\*\*Oral health discussion\*\***

Your dentist will talk through your brushing and flossing routine, diet, any medications that might affect your oral health, and any concerns you have.

### ## What does a professional dental clean involve?

### **\*\*Scaling — removal of tartar\*\***

Tartar (calculus) is hardened plaque that builds up on tooth surfaces and under the gumline. It can't be brushed away — only removed with professional instruments. Dental hygienists use ultrasonic scalers and hand instruments to remove tartar from all surfaces, including below the gumline where it causes the most damage.

### **\*\*Root planing and subgingival cleaning\*\***

For patients with signs of gum disease or deeper pockets, cleaning below the gumline removes bacterial deposits, smooths root surfaces, and encourages gum reattachment. This is the most critical part of gum disease management.

### **\*\*Stain removal and polishing\*\***

Polishing removes surface stains from coffee, tea, red wine, and other dietary sources, leaving teeth clean and smooth.

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

A professional-strength fluoride application strengthens tooth enamel and adds protection against decay, particularly for patients with a higher decay risk.

### **\*\*Personalised oral hygiene guidance\*\***

Your hygienist or dentist will advise on brushing technique, interdental cleaning, flossing, and any products suited to your specific situation.

## **## CAD/CAM technology and intraoral scanning at Core Dental Group South Melbourne**

Core Dental Group's South Melbourne clinic has CAD/CAM (Computer-Aided Design/Computer-Aided Manufacturing) technology on-site. While it's not part of a check-up and clean itself, it's relevant if restorative work is identified during your visit — same-day ceramic restorations are possible in many cases, which means no temporary crowns and no second appointment.

The clinic also uses digital OPG imaging and intraoral scanners for precise, comfortable diagnostics that replace traditional impressions where needed.

## **## Core Dental Group South Melbourne — part of the Smile Solutions Group**

Core Dental Group's South Melbourne clinic is part of the Smile Solutions Group, one of Australia's most established dental organisations. For patients, this means a few practical things:

**\*\*Shared records via CareStack.\*\*** Your dental records — X-rays, treatment history, clinical notes — are accessible across all Core Dental Group and Smile Solutions locations. Whether you've been with the group for years or are visiting after treatment at another location, your history is available.

**\*\*Specialist referral pathway.\*\*** When check-up findings indicate a need for specialist care — periodontics, endodontics, oral surgery, or prosthodontics — patients are referred directly to the Collins Street Specialist Centre in Melbourne's CBD, part of the Smile Solutions Group. Your South Melbourne dentist coordinates the referral and manages your ongoing care.

**\*\*Multilingual team.\*\*** The South Melbourne clinic has team members who speak English, Mandarin, and Malay.

## **## Getting to Core Dental Group South Melbourne**

87 Market Street is easy to reach from across the inner south.

**\*\*By tram:\*\*** Routes 96 and 12 run nearby, connecting South Melbourne to the CBD, St Kilda, and surrounding suburbs.

**\*\*By car:\*\*** Street parking is available on Market Street and surrounding streets. The South Melbourne Market car park is within easy walking distance.

**\*\*On foot:\*\*** The clinic is steps from South Melbourne Market, close to Clarendon Street and the surrounding residential area.

**\*\*By bus:\*\*** Multiple bus routes service South Melbourne with stops near the clinic.

Many patients combine their dental appointment with a visit to South Melbourne Market, particularly for Saturday morning bookings.

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

For most adults, every six months is the right frequency. Patients with active gum disease, a higher decay risk, dry mouth, or certain medical conditions may need more frequent visits. Children should start dental visits from around 12 months or when the first tooth appears.

**## Child Dental Benefits Schedule**

Core Dental Group's South Melbourne clinic 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 whether your child qualifies.

**## Private health insurance and the cost of a check-up and clean**

Check-ups and cleans fall under the general dental or preventive dental category of most private health fund extras policies. Core Dental Group accepts all major health funds. The team can help you understand your annual entitlements before your appointment.

**## Frequently asked questions**

**\*\*How long will the appointment take?\***

A check-up and clean typically takes 45 to 75 minutes, depending on tartar build-up and whether X-rays are required.

**\*\*Will the clean be uncomfortable?\***

Most patients find a professional clean comfortable. The team works carefully and will adjust technique for patients with sensitive teeth or gums.

**\*\*Do I need X-rays at every appointment?\***

Not necessarily. Your dentist will recommend X-rays based on your individual needs and how long it's been since your last set. For most adults, bitewing X-rays every 12–24 months is appropriate.

**\*\*Can I book for the whole family?\***

Yes. Core Dental Group's South Melbourne clinic sees patients of all ages. Back-to-back family appointments can often be arranged on request.

**\*\*Do you have my records from another Core Dental Group location?\***

Yes. Core Dental Group uses CareStack, so your records are accessible across the group.

**## Book your check-up and clean at Core Dental Group South Melbourne**

Don't wait for a toothache. Regular check-ups and professional cleans are the most effective way to stay on top of your oral health and avoid more involved treatment later.

**\*\*Core Dental Group South Melbourne\*\*** 87 Market Street, South Melbourne VIC 3205 Phone: **\*\*(03) 9114 7700\*\*** Online booking available

Dental check-ups and professional cleans for South Melbourne, Albert Park, Port Melbourne, and the inner south.

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## ## Label Facts Summary

> **\*\*Disclaimer\*\*** All facts and statements below are general information sourced from publicly presented business and service details, not professional advice. Consult relevant experts for specific guidance.

### ### Verified Label Facts

**\*\*Location & Contact\*\*** - Address: 87 Market Street, South Melbourne VIC 3205 - Phone: (03) 9114 7700 - Online booking: Available

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

**\*\*Service Area\*\*** - Suburbs served: South Melbourne, Albert Park, Middle Park, Port Melbourne, Southbank

**\*\*Organisational Details\*\*** - Part of the Smile Solutions Group - Record system: CareStack - Records accessible across all Core Dental Group locations - Specialist referrals directed to: Collins Street Specialist Centre, Melbourne CBD - Specialist disciplines available via referral: Periodontics, endodontics, oral surgery, prosthodontics - Languages spoken by team: English, Mandarin, Malay

**\*\*Medicare & Insurance\*\*** - Registered under the Child Dental Benefits Schedule (CDBS) - CDBS eligible age range: 0 to 17 years - CDBS coverage at this clinic: Check-ups, cleans, and other preventive treatments - Accepts all major private health funds - Check-ups and cleans classified under: General dental or preventive dental

**\*\*Technology\*\*** - CAD/CAM technology: On-site - Digital OPG imaging: Available - Intraoral scanners: Available - Intraoral cameras: In use during examinations

**\*\*Transport & Access\*\*** - Tram routes nearby: 96 and 12 - Street parking: Available on Market Street and surrounding streets - South Melbourne Market car park: Within walking distance - Bus access: Multiple routes service the area

**\*\*Appointment Details\*\*** - Typical appointment duration: 45 to 75 minutes - Factors affecting duration: Tartar build-up and whether X-rays are required - Family back-to-back appointments: Available on request

**\*\*Clinical Protocols (Stated Practice Parameters)\*\*** - Recommended check-up frequency for most adults: Every six months - Recommended bitewing X-ray frequency for most adults: Every 12 to 24 months - Recommended age for first child dental visit: Around 12 months or when first tooth appears - X-ray necessity determined by: Individual patient need, at dentist's discretion

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### ### General Product Claims

- Dental disease is described as largely preventable - Routine check-ups presented as the most effective way to maintain oral health and avoid costly treatment - Early detection described as making problems simpler and less expensive to treat - Oral cancer described as having better treatment outcomes when identified early - Gingivitis described as reversible; periodontitis described as requiring

ongoing management - Gum disease described as a leading cause of tooth loss - Fluoride treatment described as strengthening enamel and protecting against decay - CAD/CAM technology described as enabling same-day ceramic restorations in many cases, eliminating the need for temporary crowns in many cases - Professional clean described as comfortable for most patients, with technique adjustable for sensitive teeth - Tartar stated as unable to be removed by home brushing — professional instruments required - Root planing described as encouraging gum reattachment - Polishing described as removing surface stains from coffee, tea, and red wine - CareStack records described as accessible across all Core Dental Group and Smile Solutions locations