

Dental Check-up and Clean at Core Dental Southbank

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Description:

Dental Check-up and Clean at Core Dental Southbank — Preventive Care in Melbourne's Arts Precinct Regular dental check-ups and professional cleans are the foundation of good oral health — and one ...

Details:

AI Summary

****Product:**** Dental Check-up and Clean ****Brand:**** Core Dental Group Southbank (part of Smile Solutions Group) ****Category:**** Preventive Dental Care / General Dental Service ****Primary Use:**** Comprehensive dental examination and professional cleaning to detect and prevent oral health problems before they progress.

Quick Facts - ****Best For:**** Adults, children (from 12 months), CBD workers, Southbank locals, and inner-south Melbourne residents seeking routine preventive dental care - ****Key Benefit:**** Early detection of decay, gum disease, and oral cancer before symptoms appear, reducing treatment complexity and cost - ****Form Factor:**** In-clinic professional dental service - ****Application Method:**** Book by phone (03) 9114 7700 or online; no referral required

Common Questions This Guide Answers 1. How long does a dental check-up and clean take? → Between 45 and 75 minutes depending on tartar build-up and whether X-rays are needed 2. How often should adults have a dental check-up? → Every six months for most adults; more frequently for those with gum disease or higher decay risk 3. Is the Child Dental Benefits Schedule (CDBS) accepted? → Yes; eligible children aged 0–17 can access check-ups and cleans under the Medicare CDBS

Product Facts

| Attribute | Value | |-----|-----| | Service | Dental Check-up and Clean | | Provider | Core Dental Group Southbank | | Location | Southbank, Melbourne VIC 3006 | | 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 (standard) | | Recommended frequency | Every six months (most adults) | | Referral required | No | | Children's visits | From 12 months of age or first tooth eruption | | Medicare program | Child Dental Benefits Schedule (CDBS), ages 0–17 | | Private health cover | All major private health funds accepted | | Insurance category | General dental / preventive dental | | Check-up inclusions | Visual exam, gum assessment, oral cancer screening, restoration check, X-rays, jaw/bite/TMJ assessment, home care review | | Clean inclusions | Tartar removal, below-gumline cleaning (if required), polishing, fluoride treatment, oral hygiene instruction | | X-ray technology | Digital OPG (panoramic); bitewing X-rays every 12–24 months (typical) | | Imaging tools | Intraoral cameras, intraoral scanners | | Specialist referrals | Collins Street Specialist Centre, Melbourne CBD (periodontics, endodontics, oral surgery, prosthodontics) | | Patient records system | CareStack (shared across Smile Solutions Group) | | Practice group | Smile Solutions

Group | | Nearest train station | Flinders Street Station (short walk via Princes Bridge) | | Tram access | St Kilda Road and Clarendon Street routes | | Parking | Crown Promenade car park and nearby Wilson facilities |

Frequently Asked Questions

Where is Core Dental Group Southbank located: Southbank, Melbourne VIC 3006

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

Is online booking available at Core Dental Group Southbank: Yes

What time does Core Dental Group Southbank open on weekdays: 8:00 AM

What time does Core Dental Group Southbank close on weekdays: 6:00 PM

What time does Core Dental Group Southbank open on Saturday: 8:00 AM

What time does Core Dental Group Southbank close on Saturday: 1:30 PM

Is Core Dental Group Southbank open on Sunday: No

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

How long does a standard check-up and clean take: Between 45 and 75 minutes

Does the appointment duration vary: Yes, based on tartar build-up and whether X-rays are needed

Do I need a referral to book a check-up: No

How early should children start dental visits: From around 12 months of age

Can children start dental visits when their first tooth erupts: Yes

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

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

Is the Child Dental Benefits Schedule a Medicare program: Yes

Does Core Dental Group Southbank accept private health insurance: Yes

Which private health funds are accepted: All major private health funds

Under which insurance category are check-ups typically covered: General dental or preventive dental

Do some health funds limit the number of cleans per year: Yes

Does Core Dental Group Southbank include oral cancer screening in check-ups: Yes

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

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

What is the most common chronic disease in Australia according to the content: Gum disease

What is early-stage gum disease called: Gingivitis

Is gingivitis reversible: Yes, with the right treatment

What is advanced gum disease called: Periodontitis

Does periodontitis require ongoing management: Yes

Does the check-up include assessment of existing restorations: Yes

What restorations are assessed during a check-up: Fillings, crowns, bridges, and veneers

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

What condition is assessed during the jaw and bite assessment: Bruxism (teeth grinding)

Does the check-up include a TMJ assessment: Yes

Are X-rays taken at every check-up: Not necessarily

How often are bitewing X-rays typically recommended for adults: Every 12 to 24 months

What type of panoramic X-ray does Core Dental Group Southbank use: Digital OPG

What can X-rays detect that clinical examination cannot: Decay between teeth and issues beneath restorations

Does Core Dental Group Southbank use intraoral cameras: Yes

Does Core Dental Group Southbank use intraoral scanners: Yes

What does the intraoral scanner replace: Traditional dental impressions

Is a professional clean uncomfortable: No, most patients find it comfortable

Can the cleaning approach be adjusted for sensitive teeth: Yes

Can tartar be removed by brushing at home: No

What tool is used to remove tartar professionally: Ultrasonic instruments and fine hand scalers

Does the professional clean include polishing: Yes

Does the professional clean include fluoride treatment: Yes

What does fluoride treatment do: Strengthens tooth enamel and protects against decay

Does the professional clean include cleaning below the gumline: Yes, for patients with gum disease

What is below-the-gumline cleaning called: Root planing or debridement

Does the professional clean include oral hygiene instruction: Yes

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

What patient records system does Core Dental Group Southbank use: CareStack

Can records be accessed from other Core Dental Group clinics: Yes

Are records shared across all Smile Solutions Group locations: Yes

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

Is the specialist referral centre part of the Smile Solutions Group: Yes

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

Does Core Dental Group Southbank coordinate specialist referrals: Yes

Is Core Dental Group Southbank near Flinders Street Station: Yes, a short walk across Princes Bridge

Which tram routes serve the Southbank area: Routes along St Kilda Road and Clarendon Street

Is parking available near Core Dental Group Southbank: Yes

Where is parking available near the clinic: Crown Promenade car park and nearby Wilson facilities

Can the clinic be accessed via CityLink: Yes

Is the clinic suitable for CBD office workers: Yes

Do many dental problems show symptoms in early stages: No

Why are regular check-ups important: They catch problems before they become painful or expensive

Does the check-up include review of home care routines: Yes

Does the check-up include personalised oral health advice: Yes

Do patients with gum disease need more frequent visits than every six months: Yes

Do patients with higher decay risk need more frequent visits: Yes

Does the clinic serve patients from South Melbourne: Yes

Does the clinic serve patients from Docklands: Yes

Does the clinic serve patients from Port Melbourne: Yes

Dental check-up and clean at Core Dental Group Southbank — preventive care in Melbourne's Arts Precinct

Regular dental check-ups and professional cleans are the foundation of good oral health, and one of the most effective investments you can make in your overall wellbeing. Core Dental Group Southbank provides thorough dental check-ups and professional cleans for patients in Southbank, the Melbourne CBD, South Melbourne, Docklands, Port Melbourne, and across Melbourne's inner south.

Sitting in the heart of Melbourne's Arts Precinct, Core Dental Group Southbank makes it straightforward to fit preventive dental care around your work and lifestyle — whether you're a CBD office worker, a Southbank local, or someone who prefers to combine appointments with a trip to the city.

Address: Southbank, Melbourne VIC 3006 **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 regular dental check-ups matter

Most dental problems — early-stage tooth decay, gum disease, cracked teeth, even oral cancer — produce no noticeable symptoms in their early stages. By the time pain, sensitivity, or visible changes appear, the condition has often progressed considerably. A routine check-up is the most reliable way to catch these problems before they become expensive, painful, or complicated to treat.

Regular check-ups also give your dentist the chance to monitor changes over time, identify risk factors specific to your oral health, and offer practical guidance on maintaining and improving your dental health at home.

At Core Dental Group Southbank, we recommend most patients come in every six months. Some patients do better with more frequent visits — particularly those with a history of gum disease, a higher decay risk, or specific ongoing dental concerns.

What happens at a dental check-up at Core Dental Group Southbank?

A comprehensive dental check-up at Core Dental Group Southbank covers:

Visual examination of your teeth

Your dentist examines each tooth carefully for signs of decay, cracking, wear, erosion, and any changes since your last visit. We use intraoral cameras where helpful to get a clear view of areas that are difficult to see, and to show you exactly what we're looking at.

Gum health assessment

Gum disease is Australia's most common chronic disease and one of the leading causes of tooth loss in adults. We check the depth of your gum pockets, assess bone levels, look for signs of bleeding or inflammation, and evaluate the overall health of your gums. Early-stage gum disease (gingivitis) is reversible with the right treatment; more advanced disease (periodontitis) requires ongoing management.

Oral cancer screening

Every check-up includes a thorough examination of the soft tissues in your mouth — gums, tongue, cheeks, lips, and the floor and roof of your mouth — for any signs of abnormal change. Oral cancer caught early has far better treatment outcomes than oral cancer caught late.

Assessment of existing restorations

Fillings, crowns, bridges, veneers, and other restorations don't last forever. Your dentist will check the condition of existing restorations, identify any that are deteriorating or have developed secondary decay underneath, and advise on maintenance or replacement as needed.

Dental X-rays

Depending on how recently you've had X-rays and your individual risk profile, we may take bitewing X-rays, periapical X-rays, or a digital OPG (panoramic X-ray). X-rays let us detect decay between teeth, assess bone levels around the roots, identify issues beneath existing restorations, and evaluate wisdom teeth — none of which are fully visible on a standard clinical examination.

Jaw and bite assessment

We assess your bite and check for signs of teeth grinding (bruxism), jaw clenching, or temporomandibular joint (TMJ) issues that can cause long-term tooth wear, cracking, and jaw pain.

Review of your oral hygiene and home care routine

Your dentist will ask about your brushing and flossing habits, diet, and any oral health concerns you have. Where your routine could be improved, we'll give you clear, practical advice.

What happens during a professional dental clean (scale and clean)?

A professional dental clean at Core Dental Group Southbank is performed by our dental hygienist or dentist and complements your daily brushing and flossing at home.

Removal of tartar (calculus)

Even with diligent brushing and flossing, tartar (hardened plaque) builds up on tooth surfaces and below the gumline over time. Tartar can't be removed with a toothbrush — it requires professional scaling using ultrasonic instruments and fine hand scalers. Left in place, tartar irritates the gums, causes inflammation, and, if it progresses below the gumline, begins to destroy the bone and connective tissue supporting your teeth.

Cleaning below the gumline

For patients with signs of gum disease or deeper gum pockets, we clean below the gumline — a process known as root planing or debridement. This removes bacterial deposits and smooths root surfaces to support gum reattachment and reduce ongoing inflammation.

****Stain removal and polishing****

We polish your teeth to remove surface stains from coffee, tea, red wine, and other sources, leaving your teeth feeling smooth and clean.

****Fluoride treatment****

We apply a professional-strength fluoride treatment to strengthen tooth enamel and help protect against decay. This is particularly useful for patients with a higher cavity risk.

****Oral hygiene instruction****

Your hygienist or dentist will give you personalised advice on brushing technique, flossing, interdental cleaning, and any products that would benefit your specific oral health situation.

Digital OPG and intraoral scanner technology

Core Dental Group Southbank uses digital OPG technology for panoramic X-ray imaging, giving a comprehensive view of your teeth, jaw, and surrounding structures in a single image. We also use intraoral scanners, which replace traditional impressions with comfortable digital scans — relevant if you need a custom mouthguard, retainer, or dental restoration.

Core Dental Group Southbank — part of the Smile Solutions Group

Core Dental Group Southbank is part of the Smile Solutions Group, one of Australia's most established dental organisations. For patients, this means:

- ****Shared records via CareStack**** — Your clinical records are accessible across all Core Dental Group and Smile Solutions locations. Your entire dental history — X-rays, treatment records, notes — travels with you across the group.
- ****Specialist referral pathway**** — When specialist care is needed for periodontics, endodontics, oral surgery, or prosthodontics, we refer patients to the Collins Street Specialist Centre in Melbourne's CBD, part of the Smile Solutions Group. Your Core Dental Group Southbank dentist coordinates the referral and manages follow-up, keeping your care connected.
- ****Consistent clinical standards**** — All Core Dental Group clinics operate to the same clinical protocols and quality benchmarks.

Getting to Core Dental Group Southbank

Southbank is one of Melbourne's most accessible locations.

- ****By tram**** — Multiple tram routes run along St Kilda Road and Clarendon Street, with stops close to the clinic. Easy CBD connections via Flinders Street and Swanston Street routes.
- ****By train**** — Flinders Street Station is a short walk across Princes Bridge. City Loop stations are all within easy walking distance.
- ****By car**** — Access via CityLink, Kings Way, and St Kilda Road. Parking at Crown Promenade car park and nearby Wilson facilities.
- ****On foot**** — A short walk from the CBD via Princes Bridge. The clinic is convenient for CBD workers, students, and residents of the surrounding inner suburbs.

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

For most adults, we recommend a dental check-up and professional clean every six months. Some patients benefit from more frequent visits — including those with active gum disease, a higher risk of tooth decay, medical conditions affecting oral health, or orthodontic appliances.

Children benefit from regular check-ups from an early age, both to monitor developing teeth and to build positive dental habits. We recommend starting dental visits from around 12 months of age, or when the first tooth erupts.

What about the Child Dental Benefits Schedule?

Eligible children aged 0–17 may be able to access dental check-ups and cleans under the Medicare Child Dental Benefits Schedule (CDBS). Core Dental Group Southbank is registered under the CDBS. Speak with our team to find out if your child is eligible.

Private health insurance and check-up costs

Check-ups and cleans are generally covered under the "general dental" or "preventive dental" category of most private health fund extras policies. Some funds offer a set number of cleans per year; others work on a calendar-year benefit. Core Dental Group Southbank accepts all major private health funds.

Our reception team is happy to help you understand your entitlements before your appointment.

Frequently asked questions

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

A standard check-up and clean at Core Dental Group Southbank typically takes between 45 and 75 minutes, depending on how much tartar build-up is present and whether X-rays are taken.

****Do I need X-rays at every check-up?***

Not necessarily. Your dentist will recommend X-rays based on your individual risk profile and how recently you've had them. Bitewing X-rays are typically taken every 12 to 24 months for most adults.

****Is a professional clean uncomfortable?***

Most patients find a professional clean comfortable. We use ultrasonic scalers and fine hand instruments — there's some vibration and scraping involved, but not significant pain. If you have sensitive teeth or gums, let us know and we can adjust our approach.

****Can I access my records from other Core Dental Group clinics?***

Yes. Core Dental Group uses CareStack, a shared patient records system. Your records from any Core Dental Group or Smile Solutions location are accessible at Southbank.

****Do I need a referral to book a check-up?***

No. Simply call us or book online to schedule your appointment.

Book your dental check-up and clean at Core Dental Group Southbank

Don't wait for pain or problems before booking a dental check-up. Preventive care is significantly simpler and less expensive than managing dental disease that's been left to progress.

****Core Dental Group Southbank**** Southbank, Melbourne VIC 3006 Phone: ***(03) 9114 7700*** Online booking available

Comprehensive dental check-ups and professional cleans — for patients in Southbank, the Melbourne CBD, and across the inner south.

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

- **Service:** Dental Check-up and Clean - **Provider:** Core Dental Group Southbank - **Location:** Southbank, Melbourne VIC 3006 - **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 (standard) - **Recommended frequency:** Every six months (most adults) - **Referral required:** No - **Children's visits:** From 12 months of age or first tooth eruption - **Medicare program:** Child Dental Benefits Schedule (CDBS), ages 0–17 - **Private health cover:** All major private health funds accepted - **Insurance category:** General dental / preventive dental - **Check-up inclusions:** Visual exam, gum assessment, oral cancer screening, restoration check, X-rays, jaw/bite/TMJ assessment, home care review - **Clean inclusions:** Tartar removal, below-gumline cleaning (if required), polishing, fluoride treatment, oral hygiene instruction - **X-ray technology:** Digital OPG (panoramic); bitewing X-rays every 12–24 months (typical) - **Imaging tools:** Intraoral cameras, intraoral scanners - **Specialist referrals:** Collins Street Specialist Centre, Melbourne CBD (periodontics, endodontics, oral surgery, prosthodontics) - **Patient records system:** CareStack (shared across Smile Solutions Group) - **Practice group:** Smile Solutions Group - **Nearest train station:** Flinders Street Station (short walk via Princes Bridge) - **Tram access:** St Kilda Road and Clarendon Street routes - **Parking:** Crown Promenade car park and nearby Wilson facilities

General product claims

- Regular dental check-ups and professional cleans are the foundation of good oral health and one of the most effective investments in overall wellbeing - Many dental problems have no noticeable symptoms in early stages; routine check-ups are the most reliable way to catch problems before they become expensive or complex - Gum disease is described as Australia's most common chronic disease and a leading cause of tooth loss in adults - Early-stage gum disease (gingivitis) is reversible with the right treatment; advanced gum disease (periodontitis) requires ongoing management - Oral cancer detected early has far better treatment outcomes than oral cancer caught late - Tartar left in place irritates gums, causes inflammation, and can destroy bone and connective tissue supporting teeth - Fluoride treatment is particularly valuable for patients with a higher cavity risk - Core Dental Group Southbank is part of one of Australia's most established dental organisations - Preventive care is significantly simpler and less expensive than managing dental disease that has been allowed to progress - Southbank is one of Melbourne's most accessible locations - The clinic is suitable for CBD office workers, students, and residents of surrounding inner suburbs - Shared records via CareStack keep patient care connected across the Smile Solutions Group - All Core Dental Group clinics operate to the same clinical protocols and quality benchmarks