

Dental Check-up and Clean at Core Dental Berwick

Canonical:

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

Description:

Dental Check-up and Clean at Core Dental Berwick *Thorough, unhurried dental examinations and professional cleaning from a team that's been serving the Berwick community for over a decade — right i...

Details:

Thorough, unhurried dental examinations and professional cleaning from a team that's been serving the Berwick community for over a decade — right in the heart of Eden Rise Village.

Why Regular Dental Check-ups Matter More Than You Think

Most people understand, at least in theory, that they should visit the dentist regularly. But life gets in the way. Work, family, school, weekends that fill up before they've started — and before you know it, it's been two years since your last check-up. You're not in pain, nothing seems wrong, so what's the rush?

Here's the thing: most serious dental problems don't announce themselves with pain until they're already well advanced. A cavity can quietly eat through a tooth for months before it reaches the nerve and suddenly becomes unbearable. Gum disease can progress from mild inflammation to bone loss without any symptoms you'd notice. Oral cancer can develop silently in areas of your mouth you can't easily see. By the time these problems cause pain or visible damage, treatment is almost always more complex, more time-consuming, and more expensive than if the issue had been caught early.

Regular dental check-ups are the single most effective way to keep your teeth and gums healthy long-term. They're not about finding problems — they're about preventing them. And at Core Dental Berwick, we've been providing thorough, preventive dental care to the local community for over a decade.

What's Included in a Check-up and Clean at Core Dental Berwick?

Our check-up and clean appointments are comprehensive. We don't rush through a quick look and send you on your way. Your appointment is structured to give your dentist a complete picture of your oral health — and to give you the information and care you need to keep things that way.

Comprehensive Dental Examination

Your dentist conducts a systematic examination of your entire mouth, not just the teeth that might be bothering you. This includes:

****Tooth-by-tooth assessment:**** Every tooth is examined for signs of decay, wear, cracks, and damage to existing restorations (fillings, crowns, etc.). Early decay is often invisible to the naked eye and has no symptoms — but it's detectable on examination and X-rays, and it's much simpler to treat when caught early.

****Gum health assessment:**** Your dentist assesses the health of your gums, looking for signs of inflammation (gingivitis), recession, or deeper periodontal disease. This may include measuring the depth of the pockets between your teeth and gums — a key indicator of gum disease progression.

****Bite and jaw assessment:**** We check how your teeth come together (your occlusion) and assess the function of your jaw joints (temporomandibular joints). Issues with bite alignment or jaw function can cause headaches, jaw pain, tooth wear, and cracking.

****Soft tissue examination:**** A careful visual examination of the soft tissues of your mouth — tongue, cheeks, palate, floor of the mouth, and throat — looking for any unusual patches, sores, or changes that might indicate a developing problem, including oral cancer.

****Existing restoration check:**** If you have fillings, crowns, bridges, or implants, we check their condition and integrity. Restorations don't last forever, and catching a failing filling or loose crown early prevents more serious damage to the underlying tooth.

Digital X-rays

Digital X-rays are taken as clinically indicated — not every visit, but when your dentist needs to see what's happening below the surface. X-rays reveal:

- Decay between teeth that's not visible on examination
- Bone levels around your teeth (critical for detecting gum disease)
- The health of tooth roots and surrounding structures
- Developing problems like abscesses, cysts, or impacted teeth
- The condition of existing restorations below the gumline

Digital X-rays use significantly less radiation than traditional film X-rays — up to 80% less — and the images are available instantly on screen, where your dentist can zoom in, adjust contrast, and discuss findings with you in real time.

Oral Cancer Screening

Every comprehensive examination at Core Dental Berwick includes an oral cancer screening. This is a visual and tactile assessment of the soft tissues of your mouth and neck, looking for any unusual patches, lumps, sores, or colour changes.

Oral cancer, while less discussed than other cancers, is a serious condition that affects thousands of Australians each year. When detected early, the five-year survival rate is significantly higher than when detected at later stages. A routine dental check-up is one of the most effective ways to detect oral cancer early — your dentist examines areas of your mouth that you can't easily see yourself.

Professional Cleaning (Scale and Clean)

After the examination, your dental hygienist or dentist will perform a professional cleaning. This involves:

****Scaling:**** Using specialised instruments (both ultrasonic and hand instruments), we remove plaque and tartar (calculus) from your teeth. Plaque is the soft, sticky film of bacteria that forms on teeth throughout the day. If not removed, it hardens into tartar — which cannot be removed by brushing alone. Tartar builds up above and below the gumline, harbouring bacteria that cause decay and gum disease.

****Polishing:**** After scaling, your teeth are polished to remove surface stains and smooth the tooth surfaces, making them more resistant to plaque accumulation.

****Interdental cleaning:**** We clean between your teeth and around the gumline — the areas that brushing commonly misses. This is where cavities and gum disease most often begin.

****Fluoride treatment (when appropriate):**** A professional fluoride application strengthens tooth enamel and provides additional protection against decay. This is particularly beneficial for patients with a higher

risk of cavities, including children and older adults.

Personalised Oral Hygiene Advice

No two mouths are the same, and generic advice — "brush twice a day and floss" — doesn't account for the specific challenges of your individual dental situation. Your dentist or hygienist will provide tailored advice on:

- Brushing technique and the best type of toothbrush for your mouth
- Interdental cleaning — floss, interdental brushes, or water flossers, depending on your teeth
- Areas you're consistently missing (we can show you)
- Dietary factors affecting your dental health
- Products that might benefit you (specialised toothpastes, mouthwashes, etc.)

How Often Should You Have a Check-up?

The standard recommendation is every six months, and for most people, this is appropriate. However, some patients benefit from more frequent visits:

****Every three to four months:**** - Patients with active gum disease - Patients with a history of frequent cavities - Patients with dry mouth (often medication-related) - Patients who smoke or use tobacco - Patients with diabetes (which increases gum disease risk) - Patients undergoing orthodontic treatment

****Every six months:**** - Most adults and children with good oral health - Patients with stable, well-maintained dental work

****Every nine to twelve months:**** - Some patients with excellent oral health and low risk factors may be suitable for extended recall intervals, but this should be discussed with your dentist rather than assumed

Your dentist will recommend a recall interval based on your individual risk profile and adjust it over time as your circumstances change.

The Role of Our Dental Hygienist

At Core Dental Berwick, our dental hygienist Isabelle Sayers plays a central role in preventive care. Dental hygienists are specifically trained in preventive oral health, with a focus on:

- Thorough professional cleaning and plaque removal
- Assessment of gum health and early detection of periodontal disease
- Patient education on oral hygiene techniques
- Application of preventive treatments (fluoride, fissure sealants)
- Working with patients to develop sustainable oral health habits

Many patients find that hygienist appointments are where they learn the most about caring for their teeth at home. Isabelle takes the time to explain what she's finding, demonstrate techniques, and answer questions — turning a routine appointment into a genuine learning experience.

Check-ups for Children

Children's dental check-ups follow a similar structure but are adapted to the child's age, development, and temperament.

First Dental Visit

The Australian Dental Association recommends that children have their first dental visit by age one, or within six months of the eruption of their first tooth. Early visits are gentle, non-threatening introductions to the dental environment — a look around, a count of teeth, and advice for parents on oral hygiene, diet, and habits like thumb-sucking.

Regular Paediatric Check-ups

At Core Dental Berwick, children have the added advantage of access to specialist paediatric dentist Dr Sarah Scott. Children's check-ups include:

- Assessment of teeth, gums, and developing bite - Monitoring tooth eruption and development - Gentle cleaning appropriate to the child's age - Fluoride application for additional protection - Fissure sealants on newly erupted permanent molars - Assessment of habits (thumb-sucking, mouth breathing) that may affect dental development - Age-appropriate oral hygiene education

Child Dental Benefits Schedule (CDBS)

Many families don't realise that their children may be eligible for bulk-billed dental care under the Commonwealth Government's Child Dental Benefits Schedule. Eligible children aged 2–17 can access up to \$1,026 in dental benefits over a two-year period, covering services like check-ups, cleans, X-rays, fillings, and fissure sealants — at no out-of-pocket cost.

We bulk bill under the CDBS at Core Dental Berwick. Not sure if your child is eligible? Call us or check with Medicare.

What Happens If We Find Something?

If your dentist identifies a problem during your check-up, they'll discuss it with you clearly and honestly. We believe in transparent communication — no jargon, no pressure, no surprise bills. Here's how the conversation typically works:

1. ****We explain what we've found**** — in plain language, with digital images or X-rays to show you exactly what we're seeing.
2. ****We explain why it matters**** — is it urgent? Will it get worse? What happens if you leave it?
3. ****We present your options**** — if there are multiple approaches, we'll explain each one, including the pros, cons, and costs.
4. ****We give you time to decide**** — unless the problem is urgent, you don't have to commit to treatment on the spot. Think about it, talk to your family, and come back when you're ready.
5. ****We provide a clear cost estimate**** — before any treatment begins, you'll know what it costs.

Health Fund and Payment Information

Preferred Provider Benefits

Core Dental Berwick is a preferred provider for CBHS, HCF, and NIB. For members of these funds, this means negotiated fees and typically lower out-of-pocket costs for check-ups, cleans, and other covered services.

HICAPS On-Site

We process health fund claims on the spot using HICAPS. Tap your card, the claim goes through, and you pay only the gap. No paperwork, no waiting for rebates.

Affordability

Preventive care is one of the most cost-effective investments in your health. A check-up and clean that detects a small cavity costs a fraction of the root canal, crown, or extraction that results from leaving it undetected. Regular preventive visits don't just keep your mouth healthy — they keep your dental bills predictable and manageable.

For any follow-up treatment identified during your check-up, we offer interest-free payment plans through Payright (from \$1,000 to \$20,000 over 3–30 months), ensuring that necessary treatment is financially accessible.

Why Choose Core Dental Berwick for Your Check-up?

****Over a decade of trusted care.**** We're the most established Core Dental location, and we've built our reputation one patient at a time over more than ten years in Berwick.

****Thorough, unhurried appointments.**** We don't rush through a box-ticking exercise. Your check-up is a comprehensive assessment by a dentist who takes the time to do it properly.

****Dedicated dental hygienist.**** Isabelle Sayers provides expert preventive cleaning and personalised oral health guidance.

****Specialist paediatric care for children.**** Dr Sarah Scott ensures your children receive specialist-level check-ups in a warm, child-friendly environment.

****Convenient location.**** Eden Rise Village offers easy parking and a central location in Berwick, with easy access from Narre Warren, Officer, Pakenham, Beaconsfield, and beyond.

****Preferred provider savings.**** CBHS, HCF, and NIB members benefit from reduced fees. HICAPS on-site means instant claims. CDBS bulk billing for eligible children means many kids' check-ups are completely free.

Book Your Check-up

It's time. Whether it's been six months or six years since your last dental check-up, the best time to start is now. No judgement, no lectures — just a thorough assessment and a plan to keep your mouth healthy going forward.

****Core Dental Berwick**** Shop 29, 1 O'Shea Rd, Berwick VIC 3806 Phone: (03) 9132 4160 National: 13 13 16 Email: berwick@coredental.com.au

Monday – Friday: 8:00 am – 6:00 pm Saturday: 8:00 am – 1:30 pm Sunday: Closed