

Dental Check-up and Clean at Core Dental Carrum Downs

Canonical:

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

Description:

Dental Check-up and Clean at Core Dental Carrum Downs *Thorough preventive care for the whole family — right on Ballarto Road with ample parking, ground-floor access, and back-to-back family appoin...

Details:

Thorough preventive care for the whole family — right on Ballarto Road with ample parking, ground-floor access, and back-to-back family appointments available.

Why Regular Dental Check-ups Matter

It's one of those things everyone knows they should do but many people put off — regular dental check-ups. The six-monthly check-up and clean is the single most effective thing you can do to maintain your oral health long-term. It's not just about clean teeth (though that's certainly part of it). It's about catching problems when they're small, manageable, and affordable to fix — rather than waiting until they become painful, complex, and expensive.

At Core Dental Carrum Downs, we've seen the difference that consistent preventive care makes. Patients who attend regular check-ups rarely need emergency treatment. They keep their natural teeth longer. They spend less on dental care over their lifetime. And they tend to have a much more positive relationship with dentistry because their visits are routine and comfortable rather than reactive and stressful.

If you're in Carrum Downs, Langwarrin, Frankston North, Skye, Cranbourne West, or Sandhurst and you're looking for a dental practice that takes check-ups seriously — not as a five-minute box-ticking exercise, but as a genuine investment in your health — we'd love to see you.

What's Included in a Check-up and Clean?

Our check-up and clean appointments are comprehensive. We don't rush through them, and we don't cut corners. Here's what you can expect.

Comprehensive Oral Examination

Your dentist will conduct a thorough visual and tactile examination of your entire mouth, assessing:

- **Every tooth surface** for signs of decay, cracks, wear, or damage
- **Existing restorations** — fillings, crowns, bridges, and veneers are checked for integrity, wear, and any signs of secondary decay around the margins
- **Gum health** — we look for signs of gingivitis (early gum disease) and periodontitis (advanced gum disease), including gum recession, pocket depth, bleeding, and inflammation
- **Soft tissues** — your tongue, cheeks, palate, floor of the mouth, and throat are examined for any abnormalities, ulcers, or lesions
- **Oral cancer screening** — this is a critical part of every examination, checking for unusual lumps, colour changes, or persistent sores that could indicate early-stage oral cancer
- **Jaw and bite** — we assess your bite alignment and check for signs of

temporomandibular joint (TMJ) dysfunction, clenching, or grinding (bruxism) - **Existing appliances** — mouthguards, night guards, retainers, and dentures are assessed for fit and condition

Digital X-rays

Where clinically indicated, we'll take digital X-rays to see what's happening beneath the surface. Digital X-rays use significantly less radiation than traditional film X-rays and produce instant, high-resolution images that we can show you on screen.

X-rays allow us to detect: - Decay between teeth that isn't visible to the naked eye - Bone loss associated with gum disease - Infections or abscesses at the root tips - Impacted teeth (particularly wisdom teeth) - Cysts or other pathology in the jawbone - The condition of existing root canal treatments

We don't X-ray every visit as a matter of course — we take them when clinically needed and will always explain why a particular X-ray is recommended.

Professional Clean (Scale and Polish)

Even the most diligent brushers and flossers develop some build-up of plaque and tartar (calculus) over time, particularly in hard-to-reach areas like behind the lower front teeth and along the gumline. Once plaque mineralises into tartar, it cannot be removed by brushing alone — it requires professional removal.

Our professional clean includes:

- **Scaling** — using ultrasonic and hand instruments to carefully remove tartar deposits above and below the gumline - **Polishing** — smoothing and polishing tooth surfaces to remove surface stains and make it harder for plaque to accumulate - **Interdental cleaning** — cleaning between teeth where plaque commonly builds up - **Fluoride treatment** — in some cases, a topical fluoride application to strengthen enamel and provide additional protection against decay

Personalised Oral Health Advice

Every patient's mouth is different, and generic advice only goes so far. After your examination and clean, your dentist or hygienist will provide specific, tailored advice based on what they've found. This might include:

- Brushing technique adjustments — many people brush too hard, too fast, or miss the same areas consistently - Flossing guidance — proper technique makes a significant difference - Recommendations for specific dental products (interdental brushes, electric toothbrushes, specialised toothpastes) - Dietary advice — particularly around sugar and acid exposure - Discussion of risk factors — smoking, dry mouth, medications that affect oral health

How Often Should You Have a Check-up?

The standard recommendation is every six months, and for most people, this is appropriate. However, your dentist may recommend more frequent visits if you:

- Have active gum disease - Are prone to cavities - Have a complex dental history (many restorations, implants, or crowns) - Smoke or use tobacco products - Have diabetes or other systemic conditions that affect oral health - Are pregnant (hormonal changes can affect gum health) - Wear braces or other orthodontic appliances

Conversely, some patients with consistently excellent oral health may be comfortable extending to annual visits, though this is assessed on an individual basis.

Check-ups for Children

Children's dental check-ups follow a similar structure to adult examinations but are adapted for young patients. The Australian Dental Association recommends a child's first dental visit by age one, or within six months of the first tooth appearing.

At Core Dental Carrum Downs, children's check-ups are enhanced by the presence of specialist paediatric dentist Dr Angel Babu. While our general dentists are all experienced in treating children, having a specialist paediatric dentist available means we can provide expert-level care for young patients who need it — whether that's managing dental anxiety, addressing developmental concerns, or treating complex paediatric dental conditions.

What a Children's Check-up Includes

- Age-appropriate examination of teeth, gums, and developing bite - Assessment of eruption patterns and any developmental concerns - Fluoride application for additional cavity protection - Fissure sealants — protective coatings applied to the grooves of back teeth, which are particularly vulnerable to decay in children - Gentle cleaning - Education in a way children can understand — we show them the tools, explain what we're doing, and help build a positive association with dental visits

Child Dental Benefits Schedule (CDBS)

Many families in Carrum Downs are eligible for the Child Dental Benefits Schedule, a government program that provides up to \$1,095.00 in dental benefits over a two-year period for eligible children aged 0–17. We bulk-bill CDBS directly, meaning there is no out-of-pocket cost for covered services, which include examinations, X-rays, cleaning, fissure sealants, fillings, root canals, and extractions.

Not sure if your child is eligible? Our reception team can check on the spot when you call or visit.

Back-to-Back Family Appointments

One of the things families in Carrum Downs consistently tell us they love about our practice is the ability to book consecutive appointments for the whole family. Rather than making separate trips for each family member — each requiring its own parking, waiting, and disruption to the day — you can book everyone in one after the other.

Mum at 9:00 am, Dad at 9:30 am, the kids at 10:00 am and 10:30 am. One trip, everyone done. It's a practical, time-saving approach that works particularly well for busy families managing school, work, and weekend commitments.

Our Saturday morning sessions (8:00 am – 1:30 pm) are especially popular for family block bookings — no need to take time off work or pull kids out of school.

What Our Dentists Look for That You Can't See

One of the most valuable aspects of a professional check-up is the detection of issues that you'd never notice on your own.

Early Decay

Cavities in their earliest stages often have no symptoms at all — no pain, no sensitivity, no visible hole. By the time you feel something, the decay has usually progressed significantly. Your dentist can detect early decay through visual examination, digital X-rays, and tactile assessment, allowing treatment when a small filling will suffice rather than a root canal or crown.

Gum Disease

Gum disease is often called a "silent disease" because its early stages (gingivitis) can be virtually symptom-free. You might notice occasional bleeding when you brush, but many people dismiss this as normal. It's not. Bleeding gums are an early sign of gum disease, and without treatment, gingivitis can progress to periodontitis — a more serious condition that destroys the bone supporting your teeth and

is the leading cause of tooth loss in Australian adults.

During your check-up, we measure the depth of the pockets between your teeth and gums. Healthy pockets are typically 1–3 mm deep. Deeper pockets suggest bone loss and active gum disease. Catching this early makes treatment simpler and more effective.

Oral Cancer

Oral cancer is relatively uncommon but potentially life-threatening if not detected early. As part of every check-up, your dentist screens for suspicious changes in the soft tissues of your mouth — unusual lumps, persistent sores, white or red patches, and other abnormalities. Early detection of oral cancer dramatically improves treatment outcomes.

Bite Problems and Grinding

Many people grind or clench their teeth (bruxism) without realising it, particularly during sleep. Over time, this can cause tooth wear, cracks, jaw pain, and headaches. Your dentist can identify the telltale signs of grinding — flat, worn tooth surfaces, fracture lines, and jaw muscle tenderness — and recommend protective measures like a night guard.

Failing Restorations

Fillings, crowns, and other restorations don't last forever. Over years, they can develop micro-cracks, loose margins, or secondary decay underneath. Your dentist checks every existing restoration at each visit, identifying any that need repair or replacement before they fail completely — which often happens at the worst possible time.

The Long-Term Value of Prevention

Preventive dental care isn't glamorous, but its value over a lifetime is immense. Consider the typical progression when dental problems go undetected:

- A cavity that could be fixed with a \$200–\$300 filling is missed because the patient skips their check-up
- Six months later, the decay has progressed into the nerve. Now it needs a root canal (\$1,000+) and a crown (\$1,500+)
- If the root canal fails or the tooth becomes too damaged, extraction and an implant (\$4,000–\$6,000+) may be the only option

Or consider gum disease:

- Early gingivitis detected at a routine check-up is treated with a professional clean and improved home care — essentially free as part of the check-up
- Undetected gingivitis progresses to periodontitis over months or years, requiring extensive scaling and root planing, ongoing quarterly maintenance visits, and potentially specialist referral
- Advanced periodontitis leads to tooth loss, which then requires implants, bridges, or dentures to replace

The maths is clear: a few hundred dollars per year on preventive care saves thousands in reactive treatment. And beyond the financial argument, there's the simple reality that keeping your natural teeth healthy and intact is always better than replacing them.

The Cost of a Check-up and Clean

We believe in transparent pricing. The cost of a check-up and clean depends on the specific services required during your visit, but as a guide:

- ****Standard check-up and clean**** — includes examination, scale and polish, and fluoride treatment
- ****X-rays**** — charged separately if clinically indicated (not every visit requires them)

Keeping Costs Down

- **Health fund:** We accept all major health funds and process claims on the spot with HICAPS. Most health funds cover a significant portion of preventive care, and many patients have minimal or no out-of-pocket costs for check-ups. - **CDBS:** Eligible children's check-ups are bulk-billed at no cost to the family. - **No health fund?** Regular check-ups are still one of the best investments you can make. Preventive care is always cheaper than reactive treatment — a filling costs a fraction of a root canal and crown.

Your Practice: Core Dental Carrum Downs

Convenient Location

We're at 335 Ballarto Road, Carrum Downs — right near Carrum Downs Shopping Centre. Combine your check-up with a shopping trip, or drop in during a lunch break. With ample on-site parking right outside the door, getting to us is straightforward from anywhere in the southern suburbs.

Fully Accessible

Our entire practice is ground-floor with wide corridors throughout. No stairs, no lifts, no barriers. Whether you use a wheelchair, mobility aid, pram, or walker, you can move comfortably through our practice from the car park to the dental chair.

Your Team

Our general dentists — Dr Tristan Balthazaar, Dr Amreen Hussain, Dr Ivy Jin, Dr Payal Thatikonda, and Dr Anna Lai — are all experienced in comprehensive preventive care. Dr Ivy Jin also provides care in Mandarin Chinese, offering an important service for Mandarin-speaking patients in the area.

For children's check-ups, specialist paediatric dentist Dr Angel Babu is also available, bringing postgraduate-level expertise in paediatric dental care.

Book Your Check-up and Clean

Core Dental Carrum Downs 335 Ballarto Rd, Carrum Downs VIC 3201

Phone: (03) 8373 1555 **National:** 13 13 16 **Email:** carrumdowns@coredental.com.au

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

Whether it's been six months or six years since your last visit, there's no judgement — just quality care. Call us to book your check-up, or email to arrange a time that suits your family.

Prevention is always better than cure. Book your check-up at Core Dental Carrum Downs today.*