

Dental Check-Up and Clean at Core Dental Epping

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Description:

Dental Check-Up and Clean at Core Dental Epping *Regular dental check-ups are the foundation of good oral health. At Core Dental Epping, comprehensive examinations and professional cleaning help pa...

Details:

Regular dental check-ups are the foundation of good oral health. At Core Dental Epping, comprehensive examinations and professional cleaning help patients across Melbourne's northern suburbs keep their teeth and gums healthy for life.

Why Regular Dental Check-Ups Matter

It's one of those things most people know they should do but often put off — the regular dental check-up. Life gets busy, especially if you're juggling work, kids, commutes from South Morang or Wollert, and everything else that fills a week. If nothing hurts, it's easy to tell yourself you'll go next month.

But dental problems are unusual in one important way: by the time they hurt, they're usually well advanced. A small area of decay caught early might need a simple filling. Left another six or twelve months, that same spot could progress to a deep cavity, a cracked tooth, a root canal or even an extraction.

Regular check-ups at Core Dental Epping aren't just about fixing problems — they're about finding them before they become painful, complex and expensive to treat.

What Happens During a Check-Up at Core Dental Epping

A dental check-up at Core Dental Epping is thorough, systematic and tailored to your individual needs. Here's what you can expect.

Comprehensive Examination

Your dentist — whether that's Dr Alysha Soltys, Dr Tristan Balthazaar, Dr Marina Ghobrial or Dr Maria Blanchard — will conduct a detailed examination of your entire mouth, not just your teeth. This includes:

Teeth:

- Checking every tooth surface for signs of decay, cracks, wear or erosion - Assessing existing fillings, crowns, bridges and other restorations for integrity and wear - Evaluating tooth colour, alignment and overall condition

Gums:

- Measuring gum pocket depths to assess for signs of gum disease (periodontal disease) - Checking for bleeding, inflammation, recession or swelling - Identifying areas where plaque and tartar have

accumulated below the gum line

****Bite and Jaw:****

- Assessing how your upper and lower teeth come together (your occlusion) - Checking the jaw joints (temporomandibular joints) for clicking, pain or restricted movement - Looking for signs of teeth grinding or clenching (bruxism), such as worn tooth surfaces or jaw muscle tenderness

****Oral Soft Tissues:****

- Examining the tongue, cheeks, floor of mouth, palate and throat - Checking the lips and surrounding facial structures - ****Oral cancer screening**** — looking for any unusual lumps, patches, sores or colour changes

Oral cancer screening is a particularly important part of every check-up. When detected early, oral cancer has a significantly better prognosis. Your dentist is trained to identify suspicious changes that you might not notice yourself.

Diagnostic X-Rays

Digital X-rays may be taken as part of your check-up, depending on your clinical needs and how long it's been since your last imaging. X-rays reveal problems that aren't visible to the naked eye:

- Decay between teeth (interproximal cavities) - Decay beneath existing fillings or crowns - Bone loss around teeth (a sign of periodontal disease) - Infections at the root tips of teeth (periapical pathology) - Impacted or unerupted teeth (common with wisdom teeth) - Cysts, tumours or other abnormalities in the jaw

Core Dental Epping uses digital X-ray technology, which produces high-quality images with significantly less radiation than traditional film X-rays. The images appear instantly on screen, allowing your dentist to show you exactly what they're seeing and explain their findings in real time.

Professional Cleaning (Scale and Polish)

Professional cleaning is a core component of most check-up appointments. Even with excellent home care, plaque can build up in areas that are difficult to reach with a toothbrush and floss — particularly along the gum line, between teeth and behind the back molars.

When plaque isn't removed, it hardens into calculus (tartar), which can only be removed by a dental professional. Calculus harbours bacteria that cause gum inflammation and, over time, gum disease.

****The cleaning process involves:****

1. ****Scaling**** — Using ultrasonic instruments and hand scalers to remove plaque and calculus from above and below the gum line 2. ****Polishing**** — Using a rotating cup with a mildly abrasive paste to smooth and polish the tooth surfaces, removing superficial stains 3. ****Flossing**** — Professional flossing between all teeth to ensure all surfaces are clean 4. ****Fluoride treatment**** — A concentrated fluoride application may be recommended for patients at higher risk of decay, particularly children

At Core Dental Epping, professional cleaning may be performed by your dentist or by ****Sina Hassani****, the practice's dedicated dental hygienist. Having a hygienist on the team means dedicated cleaning appointments can be scheduled efficiently, often with more time devoted to thorough cleaning and personalised oral hygiene education.

Personalised Oral Hygiene Advice

One of the most valuable parts of a check-up is the individualised advice you receive about caring for your teeth at home. This isn't generic "brush and floss" guidance — it's specific to your mouth:

- **Brushing technique** — Your dentist or hygienist will check your technique and suggest improvements if needed. Many adults have been brushing the same way since childhood and have never had their technique assessed. - **Flossing or interdental cleaning** — Not everyone finds traditional floss easy to use. Your clinician may recommend alternatives like interdental brushes, floss picks or water flossers depending on your manual dexterity, tooth spacing and gum health. - **Product recommendations** — Specific toothpaste, mouthwash or other products suited to your needs (sensitivity, high decay risk, dry mouth, etc.) - **Dietary advice** — Guidance on how your eating and drinking habits might be affecting your teeth, particularly around sugar intake and acidic foods and beverages

How Often Should You Have a Check-Up?

The standard recommendation is every six months for most adults and children. However, your dentist may recommend a different frequency based on your individual risk factors:

Every six months (standard):

- Most adults and children with good oral health - Patients with stable dental conditions and effective home care

Every three to four months (higher risk):

- Patients with active gum disease or a history of periodontal problems - Patients with a high rate of decay - Smokers (higher risk of gum disease and oral cancer) - Patients with diabetes or other conditions that affect oral health - Patients undergoing orthodontic treatment (Invisalign or braces)

Annually (lower risk):

- Some patients with excellent oral health, no history of decay or gum disease, and meticulous home care may be suitable for annual check-ups. Your dentist will advise.

The key is consistency. Regular visits allow your dentist to track changes over time and intervene early when something shifts.

Children's Check-Ups at Core Dental Epping

Children's dental check-ups are particularly important because their mouths are changing rapidly — baby teeth are falling out, permanent teeth are emerging, and habits are being formed that will affect their oral health for decades.

Core Dental Epping has a significant advantage for families: **Dr Aish Kesava**, a registered specialist paediatric dentist, is available on-site. Dr Kesava has completed additional years of specialist training focused specifically on children's dental development, behaviour management and the treatment of dental conditions in young patients.

What a Children's Check-Up Includes

- **Growth and development assessment** — Monitoring the eruption of permanent teeth, jaw development and bite alignment - **Decay detection** — Children are particularly susceptible to decay, especially in the grooves of newly erupted back teeth - **Gum health check** — Even children can develop gum problems, particularly around loose baby teeth or emerging permanent teeth - **Oral hygiene education** — Age-appropriate brushing and flossing guidance, often demonstrated in a way that's engaging for young patients - **Dietary counselling** — Helping parents understand which foods and drinks are contributing to decay risk - **Preventive treatments** — Fluoride application and fissure sealants to protect vulnerable tooth surfaces - **Habit assessment** — Monitoring thumb sucking, dummy use, mouth breathing or other habits that can affect dental development

Child Dental Benefits Schedule (CDBS)

Eligible children aged 2 to 17 may receive up to **\$1,026 in dental benefits** over a two-year period under the Australian Government's Child Dental Benefits Schedule. Core Dental Epping **bulk bills** under the CDBS, meaning no out-of-pocket costs for covered services including check-ups, X-rays, cleaning, fluoride, fissure sealants and fillings.

The Role of the Dental Hygienist

Sina Hassani, Core Dental Epping's dental hygienist, plays a central role in preventive care. Hygienist appointments are focused on:

- **Thorough professional cleaning** — Including areas your toothbrush can't reach effectively
- **Gum health assessment** — Measuring pocket depths, checking for bleeding and tracking changes over time
- **Stain removal** — Removing stains from tea, coffee, red wine or smoking
- **Oral hygiene coaching** — Hands-on guidance with brushing and flossing technique
- **Periodontal maintenance** — Regular cleaning appointments for patients who have been treated for gum disease

Hygienist appointments are often scheduled between dentist check-ups, creating a cycle of care that keeps your teeth and gums in optimal condition year-round.

What Can a Check-Up Detect?

Regular check-ups can identify a wide range of conditions early, often before you're aware of any symptoms:

- **Tooth decay** — Small cavities can be treated simply and conservatively before they become large and symptomatic
- **Gum disease** — Early gum disease (gingivitis) is completely reversible with professional treatment and improved home care. Left untreated, it can progress to periodontitis and bone loss
- **Cracked teeth** — Hairline cracks that haven't yet caused symptoms can be identified and monitored or treated before the tooth breaks
- **Oral cancer** — Early detection dramatically improves outcomes
- **Teeth grinding (bruxism)** — Wear patterns on teeth may indicate grinding that's occurring during sleep
- **Enamel erosion** — Acid erosion from dietary acids or reflux can thin enamel and increase sensitivity
- **TMJ disorders** — Problems with the jaw joint that may cause headaches, clicking or difficulty opening the mouth
- **Dry mouth** — Reduced saliva flow, which significantly increases decay risk, often caused by medications

Overcoming Dental Anxiety

If you've been avoiding the dentist because of anxiety or fear, you're not alone. Dental anxiety affects a significant proportion of Australian adults, and the team at Core Dental Epping understands this.

Strategies the practice uses to help anxious patients include:

- **Communication** — Explaining every step before it happens, so there are no surprises
- **Control** — Agreeing on a "stop" signal so you can pause treatment at any time
- **Gentle technique** — Using the most comfortable techniques and equipment available
- **Sleep dentistry** — Sedation options for patients who need additional support to receive care comfortably
- **Short initial visits** — Starting with a simple check-up and clean before progressing to more involved treatment, building trust gradually

The most important thing is to come in. A check-up is a low-pressure starting point — no treatment will be done without your informed consent, and the team will work at your pace.

Advanced Technology for Better Check-Ups

Core Dental Epping uses modern diagnostic technology to make check-ups more thorough and informative:

- **Digital X-rays** — Lower radiation, instant images, easy to zoom and enhance for detailed assessment
- **Intraoral cameras** — Small cameras that allow you to see what the dentist sees on a

screen, making it easier to understand your dental health and any treatment recommendations - ****Digital scanning**** — 3D scans of your teeth for treatment planning when needed - ****CEREC technology**** — If a crown or restoration is needed following your check-up, CEREC allows same-day fabrication — no temporary, no second visit

Payment and Health Fund Information

What Does a Check-Up Cost?

The cost of a dental check-up and clean at Core Dental Epping depends on the specific services provided — whether X-rays are needed, the extent of cleaning required, and any additional treatments. Your dentist will explain all costs before proceeding.

Health Fund Claims

- ****HICAPS on-site**** — Claim your rebate instantly and pay only the gap - ****Preferred provider**** for HCF, CBHS and NIB — typically lower out-of-pocket costs - Most health funds include check-ups, X-rays and cleaning under general/preventive cover

CDBS for Children

- Eligible children aged 2 to 17: up to ****\$1,026 over two years**** - Core Dental Epping ****bulk bills**** under the CDBS - No out-of-pocket costs for covered services

Payright Payment Plans

For patients who need treatment identified during their check-up, ****Payright interest-free payment plans**** are available from \$1,000 to \$20,000, spread over 3 to 30 months.

Book Your Check-Up

Whether it's been six months or six years since your last dental visit, the team at Core Dental Epping is here to help you get back on track.

- ****Phone:**** (03) 9401 4622 - ****National Booking Line:**** 13 13 16 - ****Email:**** epping@coredental.com.au - ****Address:**** Tenancy 3B/230 Cooper St, Epping VIC 3076 - ****Hours:**** Monday to Friday 8:00 AM – 6:00 PM | Saturday 8:00 AM – 1:30 PM

The practice is approximately a 10-minute walk from ****Epping Station****, with bus connections on nearby High Street. Saturday morning appointments are available for patients who find it difficult to attend during the working week.

Core Dental Epping is part of the Smile Solutions Group, providing comprehensive dental care for families across Epping, South Morang, Mill Park, Lalor, Thomastown and Wollert.