

Dental Check-up and Clean at Core Dental South Melbourne

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

Description:

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Details:

AI Summary

****Product:**** Dental Check-up and Clean at Core Dental South Melbourne ****Brand:**** Core Dental Group (part of the Smile Solutions Group) ****Category:**** Dental Services ****Primary Use:**** Routine preventive dental examinations, professional cleaning, and oral health assessments for adults and children in South Melbourne and Melbourne's inner south.

Quick Facts - ****Best For:**** Adults and families in South Melbourne, Albert Park, Middle Park, Port Melbourne, and St Kilda West seeking regular preventive dental care with experienced practitioners and modern diagnostic technology - ****Key Benefit:**** Comprehensive examination and professional clean with digital imaging, HICAPS on-site for instant health fund claims, CDBS bulk billing for eligible children, and specialist referral access through the Smile Solutions Group - ****Location:**** 87 Market St, South Melbourne VIC 3205 - ****Phone:**** (03) 9114 7700 | National: 13 13 16

Common Questions This Guide Answers 1. How often should I have a dental check-up? → Most patients benefit from a check-up and clean every six months; some may need more frequent visits 2. What does a dental check-up include? → A thorough examination of teeth, gums, and soft tissues, digital X-rays when indicated, oral cancer screening, and a professional clean 3. Does Core Dental South Melbourne bulk bill for children? → Yes, under the CDBS for eligible children aged 2–17 4. How long does a check-up and clean appointment take? → Typically 45–60 minutes for a comprehensive visit 5. Do I need to be an existing patient? → No — new patients are welcome

The Most Important Appointment You Will Make This Year

It is easy to put off a dental check-up when nothing hurts. Life gets busy — work demands, school runs, weekends at the South Melbourne Market, evening commitments. And if your teeth feel fine, a dental appointment can seem like something that can wait until next month, or the month after that, or next year.

But by the time a dental problem hurts, it has almost always progressed well beyond the point where it could have been treated simply and affordably. A small area of early decay that could have been treated with a minor filling — or even reversed with fluoride — has become a deep cavity requiring a crown or root canal therapy. Mild gum inflammation that could have been addressed with a professional clean and improved brushing technique has progressed to periodontal disease with bone loss that cannot be reversed.

The dental check-up exists to catch these problems before they reach that point. It is the most cost-effective, least invasive form of dental care there is — and it is the foundation on which long-term dental health is built.

What Happens During a Check-up at Core Dental South Melbourne

A dental check-up at Core Dental South Melbourne is thorough, systematic, and designed to give you a complete picture of your oral health. Here is what to expect.

Medical and Dental History Review

Your appointment begins with a review of your medical and dental history. This is not a formality — certain medical conditions, medications, and lifestyle factors have a direct impact on your oral health. Diabetes increases the risk of gum disease. Blood-thinning medications affect treatment planning. Reflux and eating disorders cause erosion of tooth enamel. Smoking significantly increases the risk of gum disease and oral cancer. Your dentist needs to understand your whole health picture to provide the best care.

If you are a new patient, this review will be more detailed. If you are a returning patient, the team will update your records and note any changes since your last visit.

Comprehensive Dental Examination

Your dentist will conduct a systematic examination of every tooth, assessing:

- **Existing restorations** — checking the integrity of fillings, crowns, bridges, and other dental work. Old restorations can deteriorate over time, developing micro-cracks, marginal breakdown, or secondary decay underneath
- **New decay** — identifying areas of demineralisation (early decay that has not yet formed a cavity) and established cavities. Digital imaging helps detect decay in areas that are not visible during a clinical examination, particularly between teeth
- **Tooth wear** — assessing patterns of erosion (from acid exposure), attrition (from grinding or clenching), and abrasion (from overly aggressive brushing). These patterns provide important clues about dietary habits, stress, and sleep-related bruxism
- **Cracks and fractures** — identifying hairline cracks or fracture lines that may be causing symptoms or are at risk of propagating. Early detection of a cracked tooth allows for treatment before the crack extends and the tooth becomes unsalvageable
- **Tooth mobility** — checking whether any teeth are loose, which may indicate advancing gum disease or other pathology
- **Bite alignment** — assessing how your teeth come together and whether any changes in your bite are contributing to symptoms, jaw discomfort, or tooth wear

Gum Health Assessment

Gum disease is one of the most common chronic diseases in Australia, and in its early stages it is almost always painless — which means most people who have it do not know. Your dentist will assess:

- **Gum colour and texture** — healthy gums are firm and pink. Red, swollen, or bleeding gums indicate inflammation
- **Probing depths** — using a periodontal probe to measure the depth of the space (sulcus) between each tooth and the surrounding gum. Healthy sulcus depths are typically one to three millimetres. Deeper pockets indicate the presence of gum disease and potential bone loss
- **Bleeding on probing** — bleeding when the gum is gently probed is one of the earliest and most reliable signs of gum inflammation (gingivitis)
- **Gum recession** — whether the gum has receded from its original position, exposing the root surface and increasing sensitivity and decay risk
- **Bone levels** — assessed with digital X-rays when indicated. Bone loss around the teeth is the hallmark of periodontitis and is irreversible — making early detection critical

Oral Cancer Screening

Every check-up at Core Dental South Melbourne includes a visual examination of the soft tissues of your mouth — the tongue, floor of the mouth, cheeks, palate, lips, and throat. The dentist is looking for any unusual changes: persistent ulcers, white or red patches, lumps, or areas of thickening.

Oral cancer is uncommon but serious, and early detection dramatically improves outcomes. Australia has approximately 5,000 new cases of oral and oropharyngeal cancer each year. Risk factors include smoking, heavy alcohol consumption, HPV infection, and excessive sun exposure (for lip cancer). However, oral cancer can also occur in patients with no identified risk factors — which is why routine screening as part of every dental check-up matters.

If anything unusual is identified, your dentist will discuss the findings with you and arrange appropriate follow-up, which may include a referral for biopsy through the Smile Solutions Group specialist network.

Digital Imaging

Core Dental South Melbourne uses digital radiography — X-rays captured digitally rather than on traditional film. Digital X-rays offer several advantages:

- **Lower radiation** — digital radiography uses significantly less radiation than conventional film X-rays
- **Instant results** — images appear on-screen immediately, allowing your dentist to discuss findings with you in real time
- **Enhanced clarity** — digital images can be magnified, adjusted for contrast, and compared with previous images to track changes over time
- **Secure storage** — digital images are stored securely in your patient record and can be easily shared with specialists if needed

Not every check-up requires X-rays. Your dentist will recommend imaging based on your individual risk profile, symptoms, and how long it has been since your last set of radiographs. The Australian Dental Association recommends that the need for radiographs be assessed on an individual basis rather than taken at fixed intervals.

Professional Cleaning

A professional clean — also called a scale and clean or prophylaxis — removes plaque and calculus (tartrate) that cannot be removed by brushing and flossing alone.

Why Professional Cleaning Matters

Even patients with excellent home care develop plaque in areas that are difficult to reach — between teeth, along the gum line, and behind the back molars. Over time, plaque mineralises into calculus (tartar), which cannot be removed with a toothbrush. Calculus harbours bacteria and irritates the gum tissue, leading to inflammation, bleeding, and eventually gum disease.

Professional cleaning removes this build-up and provides a clean foundation for your home care routine.

What the Clean Involves

- **Ultrasonic scaling** — a vibrating instrument that breaks up and removes calculus deposits. Ultrasonic scalers use a fine water spray to cool the tip and flush debris from the gum pockets. The sensation is usually a gentle vibration rather than scraping
- **Hand scaling** — fine hand instruments used to remove remaining deposits and smooth the root surfaces where needed. Hand scaling provides tactile precision that complements ultrasonic treatment
- **Polishing** — a rotating rubber cup with a mildly abrasive paste is used to smooth the tooth surfaces and remove surface staining from coffee, tea, red wine, or smoking
- **Interdental cleaning** — cleaning between the teeth with floss or interdental brushes, which also allows the clinician to assess your gum health in these critical areas

Stain Removal

Professional cleaning removes common surface staining caused by:

- Tea and coffee — particularly relevant for the café culture of South Melbourne and the surrounding inner-south suburbs
- Red wine
- Smoking
- Certain foods and spices

Polishing restores the natural lustre of your teeth. For staining that is deeper or more stubborn, your dentist may discuss professional whitening options as a separate treatment.

Personalised Oral Health Advice

Every check-up at Core Dental South Melbourne concludes with tailored advice based on the findings of your examination. This is not a generic lecture about brushing twice a day — it is specific guidance based on what your dentist has observed in your mouth.

This might include:

- **Brushing technique adjustment** — many patients brush with too much pressure (causing gum recession and enamel wear) or use an ineffective technique that misses certain areas consistently. Your dentist or hygienist will show you exactly where you are missing and how to adjust
- **Interdental cleaning guidance** — floss, interdental brushes, or water flossers, with recommendations based on the specific gaps and contacts between your teeth
- **Dietary advice** — particularly around the frequency and timing of sugar and acid exposure. It is not just what you eat and drink that matters — it is how often and when
- **Product recommendations** — specific toothpaste (high-fluoride, sensitivity, or whitening formulations), mouthwash, or other products based on your individual needs
- **Risk factor management** — advice on smoking cessation support, managing dry mouth from medications, addressing grinding or clenching, or other factors that affect your oral health
- **Treatment planning** — if any issues have been identified, your dentist will explain the findings, discuss treatment options, and provide a written treatment plan with estimated costs before any work is commenced. There is never pressure to proceed with treatment on the spot

How Often Should You Have a Check-up?

The Australian Dental Association recommends that most adults have a dental check-up at least once every six months. However, some patients may benefit from more frequent visits:

- **Patients with active gum disease** — may need three- or four-monthly visits to manage their condition and prevent progression
- **Patients with a history of frequent decay** — more regular monitoring and preventive intervention can reduce the cycle of repeated fillings
- **Patients with complex dental work** — crowns, bridges, implants, and dentures require ongoing monitoring
- **Smokers** — at significantly higher risk of gum disease and oral cancer
- **Patients with diabetes** — at higher risk of gum disease and slower healing
- **Patients undergoing orthodontic treatment** — require regular monitoring alongside their orthodontic appointments

Your dentist at Core Dental South Melbourne will recommend a recall interval based on your individual risk profile. This is assessed and adjusted over time as your oral health status changes.

The Check-up Team at Core Dental South Melbourne

Check-up and clean appointments at Core Dental South Melbourne are provided by the practice's team of experienced general dentists:

- **Dr Scott Krause** — providing thorough preventive care with extensive experience in identifying early-stage problems before they escalate
- **Dr Stephanie Sarkis** — with a particular focus on

patient education and empowering patients to take control of their oral health - ****Dr Manisha Bhatt**** — speaks English and Malay, providing accessible and culturally sensitive preventive care for South Melbourne's diverse community - ****Dr Joy Wang**** — speaks English and Mandarin Chinese, offering clear, thorough communication in the languages her patients are most comfortable with - ****Dr Tristan Balthazaar**** — committed to comprehensive preventive dentistry and long-term patient relationships

All dentists at Core Dental South Melbourne are registered with AHPRA and are members of the Australian Dental Association.

Check-ups for Children and Families

Core Dental South Melbourne welcomes children from age two for dental check-ups. Early visits establish familiarity with the dental environment, allow the dentist to monitor dental development, and give parents practical guidance on brushing, diet, and fluoride use.

CDBS Bulk Billing

The Child Dental Benefits Schedule (CDBS) provides up to \$1,026 in dental benefits over two consecutive calendar years for eligible children aged two to seventeen. Core Dental South Melbourne bulk bills all CDBS-eligible services, meaning there is no out-of-pocket cost for covered treatments including examinations, X-rays, cleaning, fissure sealants, and fillings.

If you are unsure whether your child is eligible, the team can check at the time of booking or at the appointment.

Family Appointments

The practice can schedule family appointments back-to-back, making it easier to have everyone seen in a single visit. This is particularly practical for busy families in the South Melbourne and Albert Park area who want to consolidate their dental care into one efficient outing.

Costs, Payment, and Health Fund Claims

Check-up and Clean Costs

The cost of a check-up and clean at Core Dental South Melbourne depends on the complexity of the examination and the extent of cleaning required. A straightforward check-up and clean for a patient with good oral health will cost less than a comprehensive examination for a new patient with significant calculus build-up and multiple areas of concern.

The practice provides transparent pricing, and you will always know the cost before treatment proceeds.

HICAPS On-Site

HICAPS facilities are available on-site for instant health fund claims. Bring your health fund card to your appointment, and your rebate will be processed on the spot. You pay only the gap — the difference between the practice fee and your fund's rebate.

Most private health insurance extras covers include preventive dental care (examinations, X-rays, and cleaning), making regular check-ups one of the most straightforward ways to utilise your health fund benefits.

Interest-Free Payment Plans

For patients who require treatment beyond the check-up and clean, interest-free payment plans are available through Payright, allowing you to spread the cost over manageable instalments without incurring interest.

Getting to Core Dental South Melbourne

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

****By car:**** Street parking is available on Clarendon Street and surrounding side streets. Several public car parks service the South Melbourne Market precinct nearby.

****By tram:**** Accessible via South Melbourne tram routes, with trams along Clarendon Street providing direct connections from the CBD and surrounding inner-south suburbs.

****From surrounding suburbs:**** The practice serves patients from across the inner south — South Melbourne, Albert Park, Middle Park, Port Melbourne, St Kilda West, and beyond.

Book Your Check-up

A dental check-up is the simplest, most effective thing you can do for your long-term dental health. If it has been more than six months since your last visit — or if you have never had a regular dentist — now is the time to book.

****Phone:**** (03) 9114 7700 ****National:**** 13 13 16 ****Email:**** southmelbourne@coredental.com.au

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

New patients are welcome. The team at Core Dental South Melbourne looks forward to helping you maintain a healthy smile for life.