

Dental Check-up and Clean at Core Dental Southbank

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

Description:

Dental Check-up and Clean at Core Dental Southbank **Category:** Dental Services **Target Word Count:** 2,200 words --- ## Why Regular Dental Check-ups Matter A dental check-up is one of the sim...

Details:

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Why Regular Dental Check-ups Matter

A dental check-up is one of the simplest things you can do to protect your long-term health — and it's one of the most commonly put off. Life gets busy, especially in an area like Southbank where the pace of work and city living can make "routine" appointments feel like a low priority.

But here's the reality: most serious dental problems start as minor issues that a routine check-up would catch early. A small area of decay is a straightforward filling. Left undetected for six months or a year, that same spot can become a deep cavity requiring a crown, a root canal, or even an extraction. The same principle applies to gum disease — easy to manage in its early stages, expensive and complex to treat once it's advanced.

At Core Dental Southbank, we've made it as easy as possible to stay on top of your dental health. With early-morning appointments from 8:00 am weekdays and Saturday availability, you can fit a check-up into your schedule without taking time off work or rearranging your weekend.

A check-up and clean at Core Dental Southbank typically takes 45 minutes to one hour. It's one of the simplest, most cost-effective investments you can make in your health.

What's Included in a Comprehensive Dental Examination

When you book a check-up at Core Dental Southbank, you're not just getting a quick look at your teeth. Our comprehensive dental examination is a thorough assessment of your entire oral health. Here's what's involved:

Clinical Examination of Teeth

Your dentist will examine every tooth surface, looking for:

- **Dental decay (cavities)** — including early-stage decay that can be reversed or managed conservatively, and more advanced cavities that need restorative treatment - **Cracks and fractures** — especially in teeth with existing fillings or those subject to grinding forces - **Wear patterns** — signs of teeth grinding (bruxism), erosion from acidic food and drink, or abrasion from aggressive

brushing - **Condition of existing restorations** — checking that fillings, crowns and other previous dental work are still intact and functioning properly

Gum Health Assessment

Gum disease is one of the most common chronic health conditions in Australia, and its early stages often produce no symptoms at all. Your dentist will assess:

- **Gum colour and texture** — healthy gums are firm and pink; red, puffy or bleeding gums indicate inflammation - **Probing depths** — using a periodontal probe to measure the depth of the pockets between your teeth and gums. Shallow pockets (1–3mm) are normal; deeper pockets can indicate periodontitis - **Bleeding on probing** — a sign of active gum inflammation - **Gum recession** — whether gums have pulled away from the teeth, exposing root surfaces - **Bone levels** — assessed via X-rays, checking for bone loss around the teeth (a hallmark of periodontitis)

Oral Cancer Screening

Every routine examination at Core Dental Southbank includes a visual and tactile oral cancer screening. Your dentist will check:

- The tongue (top, sides and underside) - The floor of the mouth - The palate (roof of the mouth) - The inside of the cheeks and lips - The throat and tonsil area - The gums and soft tissues around the teeth

Oral cancer screening is quick and non-invasive but can be life-saving. When detected early, oral cancer has a significantly better prognosis than when found at a later stage. Risk factors include smoking, heavy alcohol use, HPV infection and prolonged sun exposure (for lip cancers), but oral cancer can also occur in people with no known risk factors.

Jaw and Bite Assessment

Your dentist will also assess:

- **Jaw joint (TMJ) function** — checking for clicking, popping, pain or limited movement - **Bite alignment** — how your upper and lower teeth come together, and whether any issues are causing uneven wear or discomfort - **Signs of grinding or clenching** — flattened tooth surfaces, chipped enamel, and jaw muscle tenderness are common indicators

Digital X-rays

Digital X-rays are an essential diagnostic tool that reveals what's happening beneath the surface — between teeth, under existing fillings, around tooth roots and in the supporting bone. At Core Dental Southbank, we use digital radiography, which offers several advantages over traditional film X-rays:

- **Significantly lower radiation dose** — digital X-rays use up to 80% less radiation than conventional film - **Instant results** — images appear on screen immediately, with no chemical processing required - **Enhanced detail** — digital images can be zoomed, adjusted for contrast and brightness, and shared easily with specialists if referral is needed - **Easy storage and comparison** — your X-rays are stored digitally, making it simple to compare images over time and track changes

Your dentist will recommend the type and frequency of X-rays based on your individual risk factors, dental history and clinical findings. For most adults, a set of bitewing X-rays (showing the back teeth) is recommended annually, with a full-mouth series or panoramic X-ray taken less frequently.

Professional Cleaning (Scale and Clean)

A professional clean — technically known as a prophylaxis — is the other essential component of your check-up visit. Even with excellent home care, plaque and tartar (calculus) can accumulate in areas

that are difficult to reach with a toothbrush and floss.

What Happens During a Professional Clean

- **Scaling** — Your dentist or hygienist uses specialised instruments (including ultrasonic scalers and hand instruments) to remove tartar deposits from above and below the gumline. Tartar is hardened plaque that cannot be removed by brushing alone.
- **Polishing** — After scaling, your teeth are polished using a slow-speed handpiece with a rubber cup and prophylaxis paste. This removes surface stains and leaves your teeth feeling smooth and clean.
- **Interdental cleaning** — Your dentist may also clean between your teeth with interdental instruments to remove any remaining plaque or debris.
- **Fluoride treatment** — In some cases, a fluoride application may be recommended after your clean. Fluoride strengthens enamel and provides additional protection against decay, particularly for patients at higher risk.

How Often Should You Have a Check-up and Clean?

The standard recommendation is every six months, but your dentist may recommend a different interval based on your individual needs:

- **Every six months** — Suitable for most people with good oral health and low to moderate risk of dental disease.
- **Every three to four months** — May be recommended if you have a history of gum disease, are prone to tartar buildup, or have other risk factors.
- **Annually** — May be appropriate for patients with excellent oral health and very low risk, though most dentists prefer six-monthly visits as a baseline.

Your dentist at Core Dental Southbank will discuss the recommended frequency with you and explain the reasoning behind it. Whatever interval is recommended, consistency is key — the patients who stay healthiest are the ones who keep their appointments, year after year.

Why Southbank Residents and Workers Need Regular Check-ups

Southbank's lifestyle comes with specific dental considerations that make regular check-ups particularly important:

- **Coffee culture** — Melbourne's coffee consumption is legendary, and Southbank's cafés are no exception. Regular coffee drinking contributes to tooth staining and, when combined with sugar, can increase decay risk. Professional cleaning removes staining and your dentist can advise on minimising its effects.
- **Stress and grinding** — CBD professionals and high-pressure workers are particularly prone to teeth grinding (bruxism), which can cause tooth wear, fractures and jaw pain. Your dentist can identify the signs early and recommend a night splint to protect your teeth.
- **Busy schedules leading to neglect** — When you're busy, dental care is often the first thing that gets pushed back. Our 8:00 am appointments and Saturday hours remove the scheduling excuse.
- **Apartment living and dietary patterns** — Busy urban lifestyles can lead to irregular eating patterns, reliance on convenience foods, and frequent snacking — all of which increase decay risk. Your dentist can provide practical dietary advice tailored to your lifestyle.

Preventive Advice and Oral Hygiene Guidance

Your check-up isn't just about what we find — it's also an opportunity to refine your daily care routine. Your dentist will provide personalised advice on:

- **Brushing technique** — Are you brushing effectively? Are you using the right toothbrush (soft-bristled is generally recommended) and the right pressure? - **Flossing and interdental cleaning** — Many Australians don't floss regularly, and it shows. Your dentist will demonstrate the most effective technique for your mouth. - **Toothpaste selection** — Fluoride toothpaste is recommended for most adults. If you have sensitivity, decay risk or other specific needs, your dentist may suggest a particular product. - **Dietary advice** — Frequent snacking, sugary drinks, acidic foods and drinks, and grazing patterns can significantly increase your risk of decay and erosion. Your dentist can help you identify dietary habits that may be affecting your teeth. - **Smoking and oral health** — If you smoke, your dentist will discuss the significant impact on your gum health, cancer risk and healing capacity, and can support you in accessing cessation resources.

Before-Work Appointments for Busy Professionals

One of the most common reasons people skip dental check-ups is time. It's hard to justify taking a morning off work for a 45-minute appointment, especially in a high-pressure professional environment.

At Core Dental Southbank, we've addressed this directly:

- **Doors open at 8:00 am, Monday to Friday** — You can be in the chair at 8:00 am and back at your desk by 9:00 am. For most CBD offices, that's well within the normal start-of-day window.

- **Saturday appointments** — If weekdays don't work, we're open Saturday from 8:00 am to 1:30 pm.

- **Location** — Southbank sits immediately across the Yarra from the CBD. Whether you walk across Princes Bridge, catch a tram along St Kilda Road, or drive in from the inner suburbs, getting to 55 City Road is straightforward.

There's no good reason to put off a check-up when it can fit into the first hour of your day.

What Does a Check-up and Clean Cost?

Costs for dental check-ups and cleans vary depending on the specific services provided (examination, X-rays, cleaning), but at Core Dental Southbank we're committed to transparent pricing:

- **We provide itemised quotes** before any treatment, so you know exactly what each component costs. - **HICAPS on-site** — If you have private health insurance, we can process your claim on the spot. You'll see your rebate applied immediately and only pay the gap. - **Preferred provider for HCF, CBHS and NIB** — Members of these funds may enjoy higher rebates and lower out-of-pocket costs. - **CDBS for children** — Eligible children aged 2–17 can receive check-ups and cleans bulk billed through the Child Dental Benefits Schedule, at no out-of-pocket cost, up to the \$1,026 two-year cap.

If you're unsure about your health fund coverage, call us on **(03) 8547 0780** or contact your fund directly. Our reception team can also help you understand what's covered before your appointment.

When a Check-up Reveals Something More

Sometimes a routine check-up uncovers an issue that needs further attention. This is actually the whole point — catching problems early, when they're smaller and simpler to treat.

Common findings that may require follow-up include:

- **Early decay** — A small filling now prevents a large problem later. - **Gum disease** — Early gum disease (gingivitis) is reversible with professional cleaning and improved home care. If periodontitis is detected, your dentist may recommend more intensive treatment or referral to a periodontist at the Collins Street Specialist Centre. - **Cracked or failing fillings** — Old fillings eventually wear out. Replacing them proactively prevents breakage and further decay. - **Wisdom teeth concerns** — Your dentist can assess impacted or partially erupted wisdom teeth and discuss whether removal is advisable. - **Orthodontic issues** — Crowding, bite problems or alignment concerns may be identified and discussed, with Invisalign or specialist orthodontic referral as options. - **Suspicious lesions** — If your oral cancer screening identifies anything unusual, your dentist will discuss the findings with you and arrange further investigation, which may involve a biopsy or referral to an oral medicine specialist.

At Core Dental Southbank, your dentist will explain any findings in plain language, outline the recommended treatment, and provide a written treatment plan with itemised costs. You'll never be pressured into treatment — the decision is always yours.

Specialist Referrals When Needed

As part of the Smile Solutions group, Core Dental Southbank has direct referral access to the Collins Street Specialist Centre at the Manchester Unity Building. If your check-up reveals a need for specialist care — such as a periodontist for advanced gum disease, an endodontist for a complex root canal, or a paediatric dentist for a child with particular needs — we can arrange that referral seamlessly, with your records and X-rays shared directly.

Book Your Check-up and Clean

Don't put it off. A check-up and clean at Core Dental Southbank takes less than an hour, fits before your workday, and is the single most effective thing you can do to prevent dental problems.

Core Dental Southbank 55 City Road, Southbank VIC 3006

Phone: (03) 8547 0780 **National Bookings:** 13 13 16 **Email:** southbank@coredental.com.au

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

Call us today or email to book your next appointment. If you're a new patient, let our practice coordinator Shontelle Clinch know and we'll allow a little extra time for your first visit.

Your teeth are worth 45 minutes twice a year.