

Dental Check-up and Clean at Core Dental Wyndham

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Description:

Dental Check-up and Clean at Core Dental Wyndham **Category:** Dental Services **Target Word Count:** 2,200 words --- ## Your Regular Dental Check-up in Wyndham A dental check-up is the simplest...

Details:

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Your Regular Dental Check-up in Wyndham

A dental check-up is the simplest, most effective thing you can do to look after your teeth and gums long-term. It's the appointment that catches small problems before they become big ones — a tiny area of decay that needs a simple filling instead of a root canal, early gum inflammation that can be reversed before it causes bone loss, a crack in a tooth that can be crowned before it splits.

At Core Dental Wyndham, we recommend a comprehensive check-up and professional clean every six months for most patients. Located at 242 Hoppers Lane in Werribee, we're easily accessible for families across Hoppers Crossing, Tarneit, Point Cook, Wyndham Vale, Manor Lakes and Truganina — with on-site parking and Saturday appointments to fit around busy schedules.

What Happens During a Check-up?

A check-up at Core Dental Wyndham is thorough but comfortable. Here's what's involved:

Clinical Examination

Your dentist will carefully examine every tooth, your gums, tongue, cheeks, palate and the floor of your mouth. They're looking for:

- **Dental decay** — Cavities, early signs of demineralisation, and areas of concern around existing fillings or restorations
- **Gum health** — Signs of gingivitis (early gum disease) or periodontitis (advanced gum disease). This includes assessing gum colour, swelling, recession and pocket depths using a periodontal probe
- **Existing restorations** — Checking the condition of fillings, crowns, bridges, implants and other dental work. Restorations don't last forever, and early detection of wear, cracks or failing margins prevents bigger problems
- **Oral cancer screening** — A visual and tactile examination of the soft tissues, looking for any unusual changes, lumps, patches or lesions. Oral cancer screening is a standard part of every adult check-up
- **Bite and jaw assessment** — Checking how your teeth come together, looking for signs of grinding (bruxism), jaw joint issues (TMJ), or uneven wear
- **Tooth wear** — Assessing for erosion, abrasion or attrition that might indicate dietary acid exposure, aggressive brushing, or grinding

Digital X-rays

Your dentist will take X-rays when clinically indicated — typically once every one to two years for routine patients, or more frequently if there are areas of concern. Digital X-rays use significantly less radiation than traditional film X-rays and provide instant, high-resolution images.

X-rays reveal problems that aren't visible to the naked eye, including:

- Decay between teeth (interproximal caries) - Decay beneath existing fillings - Bone loss around teeth (a sign of periodontal disease) - Infections at the tooth roots - Impacted teeth (particularly wisdom teeth)
- Cysts, tumours or other abnormalities

Core Dental Wyndham is also equipped with OPG panoramic imaging and 3D cone beam CT scanning for more complex diagnostic needs.

Periodontal Assessment

Gum health assessment is a standard part of every check-up. Your dentist or hygienist will measure the pocket depths around your teeth using a periodontal probe — a thin, calibrated instrument that's gently placed between the tooth and gum.

- **1–3mm pockets** — Healthy - **4mm** — Early concern; may indicate gingivitis or early periodontitis - **5mm or greater** — Deeper pockets that suggest periodontitis

If signs of gum disease are detected, your dentist will discuss treatment options. For advanced cases, Core Dental Wyndham has a significant advantage — our in-house specialist periodontist Dr Nupur Kataria can assess and treat periodontal disease on-site, without the need for an external referral.

Professional Cleaning (Scale and Clean)

After your examination, a professional clean is performed by your dentist or our dental hygienist Alexis Martinez. This involves:

Scaling

Removing plaque and tartar (calculus) deposits from above and below the gumline. Plaque is the soft, sticky bacterial film that forms on teeth daily. When plaque isn't removed through regular brushing and flossing, it hardens into tartar — a mineralised deposit that can only be removed with professional instruments.

Scaling is performed using a combination of:

- **Ultrasonic scalers** — Vibrating instruments that efficiently break up and remove larger deposits of tartar
- **Hand instruments** — Fine, precise instruments used to remove remaining deposits and smooth the tooth surfaces

Polishing

After scaling, your teeth are polished using a slow-speed handpiece with a rubber cup and a mildly abrasive polishing paste. This removes surface stains from tea, coffee, red wine and other dietary sources, leaving your teeth feeling smooth and clean.

Fluoride Treatment

Your dentist or hygienist may recommend a professional fluoride treatment after your clean. Fluoride strengthens tooth enamel and provides additional protection against decay. It's applied as a varnish or gel and takes just a minute or two.

How Often Should You Have a Check-up?

For most adults and children, we recommend a check-up and clean every **six months**. However, some patients benefit from more frequent visits:

- **Every three to four months** — Patients with a history of gum disease (periodontitis), as more frequent maintenance is needed to prevent recurrence
- **Every three to four months** — Patients who are particularly prone to plaque and tartar buildup
- **Every three to four months** — Smokers, who are at significantly higher risk of gum disease
- **Every three to four months** — Patients with diabetes, which increases gum disease risk
- **Every three to four months** — Patients with dental implants, which require diligent professional maintenance

Your dentist will recommend the appropriate interval based on your individual oral health and risk factors.

Why Regular Check-ups Matter

The value of regular check-ups lies in prevention and early detection. Consider the difference:

Caught Early

- A tiny area of decay → a simple filling (one short appointment, minimal cost)
- Early gingivitis → professional clean and improved home care (fully reversible)
- A small crack in a tooth → a crown to protect it (one or two appointments)
- A suspicious lesion → early referral and investigation (best possible outcome)

Left Too Long

- Advanced decay → root canal treatment or extraction (more appointments, more cost, more discomfort)
- Undiagnosed periodontitis → bone loss, loose teeth, potential tooth loss (irreversible damage)
- A crack that propagates → tooth splits and requires extraction (tooth lost)
- A lesion that goes undetected → delayed diagnosis (worse prognosis)

Regular check-ups don't just save teeth — they save time, money, and a great deal of discomfort over a lifetime.

The Dental Team at Core Dental Wyndham

Your check-up at Core Dental Wyndham may be with any of our experienced general dentists:

- **Dr Anika Moyeed** — holds a Bachelor of Health Science and a Master of Dentistry
- **Dr Darren Manoharan** — holds a Bachelor of Dental Surgery from the University of Queensland
- **Dr Alpa Lodhiya** — holds a Bachelor of Dental Science from the University of Melbourne

Our hygienist **Alexis Martinez** provides professional cleanings and personalised oral hygiene instruction.

If your check-up reveals any concerns that require specialist attention — whether periodontal issues, orthodontic needs, or complex restorative work — we have direct referral pathways to specialists both on-site (Dr Nupur Kataria, periodontist; Dr David Austin, orthodontist) and at the Collins Street Specialist Centre in Melbourne's CBD.

Check-ups for Children

We welcome children from around age two for dental check-ups. Children's check-ups follow the same thorough approach but are adapted to be gentle, unhurried and positive.

Children's check-ups include:

- Gentle examination of teeth, gums and developing jaw
- Age-appropriate X-rays when clinically indicated
- Professional cleaning when appropriate
- Oral hygiene instruction tailored to the child's age
- Dietary advice for parents
- Monitoring of tooth development, bite and jaw growth
- Preventive treatments including fissure sealants and fluoride applications

Starting dental visits early helps children see the dentist as a normal, comfortable part of life — which is one of the most valuable things a parent can do for their child's long-term oral health.

Child Dental Benefits Schedule (CDBS)

Children aged 2 to 17 who are eligible under the **Child Dental Benefits Schedule (CDBS)** can receive check-ups, cleans, X-rays, fluoride treatments, fissure sealants and fillings **bulk billed** through Medicare, up to the two-year benefit cap of **\$1,026**. There is no out-of-pocket cost for covered services.

With so many young families across Tarneit, Point Cook, Wyndham Vale and Manor Lakes, the CDBS is an important way to keep children's dental care accessible and affordable. Our reception team can help you check your child's eligibility and we'll process the bulk billing directly.

Health Fund Benefits and Payment Options

Health Fund Preferred Provider

Core Dental Wyndham is a **preferred provider** for HCF, CBHS and NIB. Members of these funds typically receive higher rebates and lower out-of-pocket costs for check-ups, cleans and other preventive services.

We accept all major health funds and process claims on-site via **HICAPS**, so your rebate is applied immediately at the time of your appointment. You only pay the gap (if any).

Payment Plans

For treatments identified during your check-up that involve additional cost, we offer interest-free payment plans through **Payright**, with plans from 3 to 30 months for treatments between \$1,000 and \$20,000.

What Happens If Your Dentist Finds a Problem?

If your check-up reveals an issue that needs treatment, your dentist will explain:

- **What the problem is** — In clear, plain language
- **Why it needs treatment** — What will happen if it's left untreated
- **What the treatment options are** — Including the pros, cons and costs of each option
- **The recommended approach** — Your dentist's clinical recommendation, with the reasoning behind it
- **The timeline** — Whether treatment is urgent or can be scheduled at a time that suits you

You'll never be pressured into treatment on the spot. For significant work, we'll provide a written treatment plan with an itemised quote so you can review it at home, check your health fund entitlements, and make an informed decision.

If specialist treatment is needed — whether periodontal care with Dr Nupur Kataria, orthodontic assessment with Dr David Austin, or a referral to the Collins Street Specialist Centre for endodontic,

prosthodontic or oral surgery expertise — we'll coordinate that directly.

Oral Hygiene Tips Between Visits

Your dentist and hygienist will provide personalised advice, but here are the fundamentals:

- **Brush twice daily** — Morning and night, for two minutes each time. Use a soft-bristled toothbrush (manual or electric) and fluoride toothpaste. - **Floss once daily** — Flossing removes plaque from between teeth where your toothbrush can't reach. If traditional floss is difficult, try interdental brushes, floss picks or a water flosser. - **Don't rinse after brushing** — Spit out excess toothpaste but don't rinse with water immediately after brushing. This allows the fluoride to continue protecting your teeth. - **Limit snacking frequency** — Every time you eat or drink something sugary or acidic, your enamel is under acid attack for about 30 minutes. Frequent snacking means frequent acid attacks. - **Drink water** — Tap water in Melbourne contains fluoride, which helps protect your teeth. Drinking water after meals also helps rinse away food particles and acids. - **Don't smoke** — Smoking is one of the biggest risk factors for gum disease and oral cancer. - **Replace your toothbrush regularly** — Every three months, or sooner if the bristles are frayed. A worn toothbrush doesn't clean effectively. - **Consider an electric toothbrush** — Electric toothbrushes with oscillating or sonic heads are more effective at removing plaque than manual brushing for most people. Your dentist or hygienist can recommend a suitable model.

Why Choose Core Dental Wyndham for Your Check-ups?

A routine check-up might seem like a routine choice — any dentist will do. But there are genuine advantages to having your check-ups at a practice that offers more than just general dentistry:

- **In-house specialist periodontist** — If gum disease is detected, Dr Nupur Kataria can assess and treat it on-site, without an external referral - **In-house specialist orthodontist** — If alignment issues are identified, Dr David Austin is available for orthodontic assessment - **Advanced diagnostic technology** — Digital X-rays, OPG panoramic imaging, and 3D cone beam CT scanning for comprehensive assessment - **CEREC same-day crowns** — If a crown is needed, it can often be completed the same day - **Smile Lab in-house laboratory** — For crowns, bridges and other restorations with faster turnaround - **Continuity of care** — Your records, imaging and treatment history are all in one place

Convenient Access Across Wyndham

Core Dental Wyndham's location on Hoppers Lane makes regular check-ups easy for families across the area:

- **On-site parking** — No parking hassles, no parking meters - **Near Pacific Werribee Shopping Centre** — Combine your appointment with other errands - **Saturday appointments** — 8:00 am to 1:30 pm, ideal for working parents and school-age children - **Ground-floor access** — Easy for prams, wheelchairs and anyone with mobility considerations

We see patients from Werribee, Hoppers Crossing, Tarneit, Point Cook, Wyndham Vale, Manor Lakes, Truganina and surrounding suburbs.

Book Your Check-up

If it's been six months — or longer — since your last dental check-up, it's time to book in. Regular visits are the foundation of good oral health, and the earlier problems are detected, the simpler and less costly they are to treat.

****Core Dental Wyndham**** 242 Hoppers Lane, Werribee VIC 3030

****Phone:**** (03) 9749 6677 ****National Bookings:**** 13 13 16 ****Email:**** wyndham@coredental.com.au

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

Call us to book your check-up and clean. Our team will look after you.