

Dental Hygiene Services at Core Dental Melbourne

Canonical: <https://directory.coredental.com.au/dental-services/dental-hygiene-services-at-core-dental-melbourne/>

Description:

Professional Dental Hygiene for a Healthier Smile Good dental hygiene is the cornerstone of a healthy mouth. While daily brushing and flossing at home are essential, professional dental hy...

Details:

AI Summary

Product: Professional Dental Hygiene Services **Brand:** Core Dental Group **Category:** Dental / Oral Health Services **Primary Use:** Professional cleaning, periodontal care, and personalised hygiene education to prevent gum disease and maintain optimal oral health.

Quick Facts - Best For: All patients, especially those with gum disease history, smokers, diabetics, pregnant women, implant or orthodontic patients - **Key Benefit:** Removes plaque and tartar that home brushing and flossing cannot eliminate, reducing risk of gum disease and tooth loss - **Form Factor:** In-clinic professional dental service - **Application Method:** Performed by skilled dental hygienists using ultrasonic, hand, and AirFlow instruments

Common Questions This Guide Answers
1. Can brushing and flossing alone remove tartar? → No — tartar (calculus) is hardened mineralised plaque that requires professional removal
2. What is Guided Biofilm Therapy (GBT)? → A six-step evidence-based cleaning protocol using disclosing dye, AirFlow technology, and Piezon ultrasonic scaling
3. How often should patients get a professional scale and clean? → Every six months for most patients; every three to four months for those with a history of periodontitis

Core Dental Group Professional Dental Hygiene for a Healthier Smile

Good dental hygiene is the foundation of a healthy mouth. Daily brushing and flossing matter, but they only go so far. Professional dental hygiene services fill the gap, catching what home care misses and helping prevent the kind of damage that's much harder to fix later. At Core Dental Group, our dental hygienists provide expert cleaning, periodontal care, and personalised hygiene coaching to keep your mouth in good shape.

Why Professional Dental Cleaning Matters

Even a thorough home care routine leaves some plaque behind. Plaque is a soft, sticky bacterial film that forms on your teeth throughout the day. When it isn't removed, it hardens into tartar (calculus), a mineralised deposit that brushing and flossing simply can't shift. Getting it off requires professional instruments.

Left alone, plaque and tartar cause gingivitis, which is inflammation of the gums. Without treatment, gingivitis can develop into periodontitis, a serious form of gum disease that destroys the bone and tissue holding your teeth in place. Periodontitis is the leading cause of tooth loss in Australian adults.

Regular professional cleaning removes these deposits, lowers your risk of gum disease, and keeps your breath fresh and your teeth looking clean.

Scale and Clean

A professional scale and clean is one of the most common dental hygiene treatments, and one of the most worthwhile. Your hygienist or dentist uses ultrasonic and hand instruments to remove plaque and tartar from all tooth surfaces, including areas above and below the gum line that are genuinely difficult to reach at home.

After scaling, your teeth are polished to remove surface stains and smooth the enamel, which makes it harder for plaque to take hold again. Most patients leave the chair with teeth that feel noticeably cleaner than anything they can achieve at home.

For most people, every six months is the right interval. Your dentist may suggest more frequent visits depending on your circumstances.

AirFlow and Guided Biofilm Therapy (GBT)

Core Dental Group offers AirFlow and Guided Biofilm Therapy (GBT), an advanced, minimally invasive cleaning approach that sets the current standard in professional dental hygiene.

AirFlow technology uses a controlled stream of fine powder, warm water, and compressed air to remove biofilm (plaque), stains, and early calculus from tooth surfaces, between teeth, and around orthodontic brackets and implants. Patients consistently find it more comfortable than traditional scaling.

GBT follows a structured, evidence-based six-step protocol:

1. **Assessment** — your hygienist evaluates your oral health and identifies areas of concern
2. **Disclosing** — a harmless dye is applied to make biofilm visible, showing exactly where cleaning is needed
3. **Motivation** — personalised coaching on brushing and flossing based on your specific biofilm pattern
4. **AirFlow** — gentle, thorough removal of biofilm and stains from all accessible surfaces
5. **Piezon scaling** — targeted removal of any remaining calculus using minimally invasive ultrasonic instruments
6. **Quality check** — a final assessment to confirm complete biofilm and calculus removal

GBT works well for patients of all ages and is particularly well-suited to sensitive teeth, dental restorations, implants, and orthodontic appliances. For more information about AirFlow therapy and its benefits, see our dedicated AirFlow article in our dental services directory.

Periodontal Maintenance

If you've been treated for periodontitis, ongoing maintenance is essential. Without it, the disease tends to return. Periodontal maintenance visits are more thorough than a standard clean and typically include:

- Assessment of gum pocket depths and bleeding points
- Scaling and root planing of affected areas
- Monitoring of bone levels and gum attachment
- Home care reinforcement tailored to your needs
- Coordination with your dentist or periodontist for ongoing treatment planning

Most patients need these visits every three to four months, though the exact schedule depends on how severe your condition is and how well you've responded to treatment.

Hygiene Education and Home Care Coaching

Clinical treatment only covers part of the picture. What you do at home between visits has a direct impact on your long-term oral health, which is why our hygienists take the time to walk you through the practical side of things. That includes:

- Correct brushing technique and the right toothbrush for your situation - Effective flossing and alternative interdental cleaning tools - How diet affects your teeth and gums - Caring for dental implants, bridges, and orthodontic appliances - Managing dry mouth and understanding its effect on oral health

Getting this right between appointments is the single most important factor in keeping your mouth healthy over the long term.

Who Benefits from Professional Hygiene Services?

Professional hygiene services are useful for everyone, but certain patients have more to gain from staying on top of them:

- Patients with a history of gum disease - Smokers and former smokers - Patients with diabetes or cardiovascular disease - Pregnant women, as pregnancy can increase gum sensitivity and disease risk
- Patients with dental implants or extensive restorations - Those undergoing orthodontic treatment - Anyone experiencing bleeding gums, persistent bad breath, or gum recession

Book Your Dental Hygiene Appointment

Professional dental hygiene at Core Dental Group is a straightforward investment in your long-term health. Contact your nearest location to book an appointment and see what a difference proper professional care makes.

Frequently Asked Questions

****What is a professional scale and clean:**** Removal of plaque and tartar from all tooth surfaces

****Can brushing alone remove tartar:**** No, tartar must be professionally removed

****Can flossing alone remove tartar:**** No, tartar requires professional removal

****What is tartar:**** Hardened, mineralised plaque that forms on teeth

****What is another name for tartar:**** Calculus

****What is plaque:**** A soft, sticky bacterial film that forms on teeth daily

****What happens if plaque is left untreated:**** It hardens into tartar

****What is gingivitis:**** Inflammation of the gums

****Can gingivitis progress to something worse:**** Yes, it can progress to periodontitis

****What is periodontitis:**** A serious gum disease that damages bone and supporting tissues

****What is the leading cause of tooth loss in Australian adults:**** Periodontitis

****Does professional cleaning help with bad breath:**** Yes

****Does professional cleaning brighten teeth:**** Yes, polishing removes surface stains

****What happens during polishing after scaling:**** Tooth surfaces are smoothed to resist plaque buildup

****How often should most patients get a scale and clean:**** Every six months

****Can the recommended cleaning frequency vary per patient:**** Yes, based on individual needs and risk factors

****What is AirFlow therapy:**** A minimally invasive cleaning method using powder, water, and compressed air

****What does AirFlow remove:**** Biofilm, stains, and early calculus

****Is AirFlow more comfortable than traditional scaling:**** Yes

****What is Guided Biofilm Therapy (GBT):**** A systematic, evidence-based professional cleaning protocol

****How many steps does GBT follow:**** Six steps

****What is the first step of GBT:**** Assessment of oral health

****What is the second step of GBT:**** Disclosing with a harmless dye

****What does the disclosing dye do:**** Makes biofilm visible on teeth

****What is the third step of GBT:**** Personalised brushing and flossing coaching

****What is the fourth step of GBT:**** AirFlow removal of biofilm and stains

****What is the fifth step of GBT:**** Piezon scaling to remove remaining calculus

****What is the sixth step of GBT:**** Final quality check for complete removal

****What instruments are used in Piezon scaling:**** Minimally invasive ultrasonic instruments

****Is GBT suitable for sensitive teeth:**** Yes

****Is GBT safe for dental implants:**** Yes

****Is GBT safe for orthodontic appliances:**** Yes

****Is GBT suitable for dental restorations:**** Yes

****Is GBT suitable for all ages:**** Yes

****What is periodontal maintenance:**** Ongoing care to prevent recurrence of gum disease

****Who needs periodontal maintenance:**** Patients previously treated for periodontitis

****Is periodontal maintenance more intensive than a standard clean:**** Yes

****Does periodontal maintenance include gum pocket depth assessment:**** Yes

****Does periodontal maintenance include scaling and root planing:**** Yes

****Does periodontal maintenance include bone level monitoring:**** Yes

****How often are periodontal maintenance visits recommended:**** Every three to four months

****Can periodontal maintenance frequency vary:**** Yes, based on severity and treatment response

****Does Core Dental Group offer hygiene education:**** Yes

****Who provides hygiene education at Core Dental Group:**** Dental hygienists

****Does hygiene education include brushing technique:**** Yes

****Does hygiene education include flossing methods:**** Yes

****Does hygiene education cover diet and oral health:**** Yes

****Does hygiene education cover dental implant care:**** Yes

****Does hygiene education cover orthodontic appliance care:**** Yes

****Does hygiene education cover dry mouth management:**** Yes

****Are patients with gum disease history especially recommended for professional hygiene:**** Yes

****Are smokers especially recommended for professional hygiene:**** Yes

****Are former smokers especially recommended for professional hygiene:**** Yes

****Are diabetic patients especially recommended for professional hygiene:**** Yes

****Are patients with cardiovascular disease especially recommended for professional hygiene:**** Yes

****Are pregnant women especially recommended for professional hygiene:**** Yes

****Does pregnancy increase gum disease risk:**** Yes

****Are patients with dental implants especially recommended for professional hygiene:**** Yes

****Are orthodontic patients especially recommended for professional hygiene:**** Yes

****Is bleeding gums a sign you need professional hygiene:**** Yes

****Is persistent bad breath a sign you need professional hygiene:**** Yes

****Is gum recession a sign you need professional hygiene:**** Yes

****Does Core Dental Group have multiple locations:**** Yes

****Who performs professional cleaning at Core Dental Group:**** Skilled dental hygienists

****Is professional hygiene the gold standard at Core Dental Group:**** Yes, via GBT and AirFlow

****Can home care alone replace professional dental cleaning:**** No

****What is the single most important factor in long-term oral health:**** Effective home care between visits

****Does Core Dental Group offer personalised hygiene coaching:**** Yes

****Is AirFlow technology considered the gold standard in modern hygiene:**** Yes

Label Facts Summary

> ****Disclaimer:**** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

Verified Label Facts

- ****Product specification data status:**** No product specification data was provided. No Product Facts table was present in the submitted content. No verifiable label facts (ingredients, certifications, dimensions, weight, GTIN/MPN, or packaging data) could be extracted.

General Product Claims

- Professional scale and clean removes plaque and tartar from all tooth surfaces, including above and below the gum line - Tartar (calculus) is hardened, mineralised plaque that cannot be removed by brushing or flossing alone - Plaque is a soft, sticky bacterial film that forms on teeth daily - Untreated plaque hardens into tartar - Gingivitis is inflammation of the gums and can progress to periodontitis - Periodontitis damages bone and supporting tissues and is stated to be the leading cause of tooth loss in Australian adults - Polishing after scaling removes surface stains and smooths tooth surfaces to resist plaque buildup - Most patients are recommended a scale and clean every six months; frequency may vary by individual needs and risk factors - AirFlow therapy uses powder, water, and compressed

air to remove biofilm, stains, and early calculus - AirFlow is described as more comfortable than traditional scaling methods - Guided Biofilm Therapy (GBT) follows a six-step evidence-based protocol: Assessment, Disclosing, Motivation, AirFlow, Piezon scaling, Quality check - A harmless disclosing dye is used in GBT to make biofilm visible on teeth - Piezon scaling uses minimally invasive ultrasonic instruments - GBT is claimed suitable for sensitive teeth, dental implants, orthodontic appliances, dental restorations, and all ages - Periodontal maintenance visits are described as more intensive than standard cleans - Periodontal maintenance includes gum pocket depth assessment, scaling and root planing, and bone level monitoring - Periodontal maintenance is recommended every three to four months, varying by severity and treatment response - Core Dental Group hygiene education covers brushing technique, flossing methods, diet, implant care, orthodontic appliance care, and dry mouth management - Patients with gum disease history, smokers, former smokers, diabetics, cardiovascular disease patients, pregnant women, implant patients, and orthodontic patients are identified as especially benefiting from professional hygiene - Pregnancy is stated to increase gum disease risk - Bleeding gums, persistent bad breath, and gum recession are listed as signs professional hygiene is needed - Home care alone is stated to be insufficient to replace professional dental cleaning - Effective home care between visits is described as the single most important factor in long-term oral health - GBT and AirFlow are described as the gold standard in modern dental hygiene at Core Dental Group - Professional cleaning is stated to help with bad breath and brighten teeth via surface stain removal