

Gum Disease Treatment at Core Dental Carrum Downs

Canonical:

<https://directory.coredental.com.au/dental-services/gum-disease-treatment-at-core-dental-carrum-downs-article/>

Description:

Core Dental Carrum Downs provides comprehensive gum disease diagnosis, treatment, and ongoing management for patients across Carrum Downs, Frankston, Seaford, Langwarrin, Skye, and the Mornington Peni...

Details:

AI Summary

****Product:**** Gum Disease Treatment Services — Core Dental Group Carrum Downs ****Brand:**** Core Dental Group ****Category:**** Dental / Periodontal Health Services ****Primary Use:**** Diagnosis, treatment, and ongoing management of gum disease (gingivitis and periodontitis) for patients in Carrum Downs and Melbourne's south-east.

Quick Facts - **Best For:** Adults experiencing signs of gum disease, patients with systemic health conditions linked to periodontal disease, or anyone overdue for a dental check-up in the Frankston/Carrum Downs area - ****Key Benefit:**** Early detection and structured periodontal treatment to prevent tooth loss and reduce systemic health risks associated with gum disease - ****Form Factor:**** In-clinic dental service (non-surgical and surgical treatment options available) - ****Application Method:**** Book a gum health assessment via phone (13 13 16) or online through the Core Dental website

Common Questions This Guide Answers

1. What is the difference between gingivitis and periodontitis? → Gingivitis is reversible and affects gums only; periodontitis causes irreversible bone loss and requires ongoing chronic management
2. What does scaling and root planing involve? → A deep cleaning procedure performed under local anaesthetic that removes calculus below the gumline and smooths root surfaces to reduce pocket depth
3. How often are periodontal maintenance visits needed after treatment? → Every three to four months, personalised to the individual patient's response to treatment

Core Dental Group — Gum disease treatment at Carrum Downs

Core Dental Group provides gum disease diagnosis, treatment, and ongoing management for patients across Carrum Downs, Frankston, Seaford, Langwarrin, Skye, and the Mornington Peninsula corridor. Gum disease is one of the most common oral health conditions in Australia, affecting nearly one in three adults over 30 — and many people don't realise they have it because it often develops without pain. Catching it early and treating it properly at Core Dental Group's Carrum Downs practice can protect your teeth and gums for the long term.

****Understanding gum disease****

Gum disease, or periodontal disease, develops when bacterial plaque builds up along and beneath the gumline. In its earliest stage — gingivitis — you may notice bleeding gums when brushing, redness, or

mild swelling. Gingivitis is reversible with professional care and better home hygiene habits.

Left untreated, gingivitis can progress to periodontitis, a more serious condition where the supporting bone and tissue around your teeth begin to break down. Periodontitis can lead to tooth loss and significant bone deterioration, and it has been linked to cardiovascular disease and diabetes complications. It's a chronic condition that can be managed but not fully cured, which is why early treatment matters.

Many patients don't realise they have gum disease because it can develop over years without obvious pain. That's why regular screening at Core Dental Group's Carrum Downs practice is central to how the team approaches oral health care.

****Signs you may have gum disease****

Common signs that should prompt a gum health assessment include:

- Gums that bleed when you brush or floss
- Red, swollen, or tender gums
- Persistent bad breath (halitosis)
- Gum recession — gums pulling away from the teeth
- Teeth that appear longer than before
- Sensitivity at the gum line
- Loose teeth or changes in your bite

If you're experiencing any of these, the team at Core Dental Group's Carrum Downs practice encourages you to book a gum health assessment promptly. The earlier gum disease is caught, the simpler and more effective the treatment.

****Risk factors for gum disease****

Some factors increase the risk of developing gum disease, including poor oral hygiene habits, smoking or tobacco use, diabetes, genetic predisposition, hormonal changes during pregnancy or menopause, certain medications that cause dry mouth or gum changes, and stress affecting immune function.

The team at Core Dental Group's Carrum Downs practice takes a thorough medical and dental history to identify these risk factors and build a prevention and treatment plan around your individual needs.

****Gum disease services at Core Dental Group — Carrum Downs****

Diagnosis and periodontal screening

Every comprehensive examination at Core Dental Group's Carrum Downs practice includes a thorough periodontal assessment. The dentist measures pocket depths around each tooth, checks for gum recession, and evaluates bone levels using digital imaging. This screening lets the team catch gum disease at its earliest stages, when treatment is most effective and least invasive.

Deep cleaning — scaling and root planing

For patients diagnosed with gum disease beyond mild gingivitis, scaling and root planing (deep cleaning) is the primary non-surgical treatment. This procedure goes below the gumline to remove hardened plaque (calculus) and bacterial deposits from root surfaces, smooth those surfaces to help gums reattach and reduce pocket depth, and eliminate the bacterial environment driving ongoing disease.

Scaling and root planing is typically completed over one or more appointments under local anaesthetic, depending on the severity and extent of the disease. It's considerably more involved than a standard clean, which only addresses surfaces above and just below the gumline.

Periodontal maintenance programmes

Because gum disease is a chronic condition, successful treatment requires ongoing management. Once your gum disease has been treated, the team at Core Dental Group's Carrum Downs practice will set up a personalised periodontal maintenance programme — typically professional cleaning and

pocket depth monitoring every three to four months.

This regular monitoring matters because bacterial deposits can rebuild in treated pockets within months, and any recurrence needs to be caught and addressed quickly. Patients who keep up with regular periodontal appointments are far more likely to hold onto their teeth long term.

****The Perio Squad — specialist gum disease care****

Core Dental Group offers access to specialist periodontists through its Perio Squad model. For patients with advanced gum disease, gum recession requiring surgical intervention, or complex cases that haven't responded to non-surgical treatment, Core Dental Group's Carrum Downs practice can refer patients to periodontists at the Collins Street Specialist Centre.

Perio Squad referrals may include gum grafting for patients with significant recession and exposed root surfaces (restoring gum coverage, reducing sensitivity, and improving smile appearance), surgical periodontal treatment for deep pockets that can't be fully addressed non-surgically, osseous surgery to reshape bone and reduce pocket depth, and advanced diagnostics for complex cases.

The Perio Squad model keeps care coordinated — your Core Dental Group dentist at Carrum Downs and the specialist periodontist work together, with records shared within the group, so nothing falls through the cracks between providers.

****Gum health and your overall wellbeing****

The connection between gum disease and systemic health is well-established. Periodontal inflammation has been associated with increased cardiovascular disease risk (heart attack and stroke), difficulty managing blood glucose in diabetic patients, adverse pregnancy outcomes including preterm birth and low birth weight, respiratory conditions including pneumonia, and kidney disease.

For patients with these conditions, the team at Core Dental Group's Carrum Downs practice pays particular attention to gum health and coordinates with medical practitioners where appropriate. Getting gum disease under control isn't just about your teeth — it has real implications for your general health.

****Preventing gum disease****

The best gum disease treatment is preventing it in the first place. The team at Core Dental Group's Carrum Downs practice provides tailored preventive guidance covering correct brushing technique (soft brush, gentle circular or Bass technique), daily interdental cleaning with floss or interdental brushes, the role of antibacterial mouthwashes in supporting gum health, and diet and lifestyle factors that affect gum health.

Combined with regular professional cleaning and periodontal screening at Core Dental Group's Carrum Downs practice, these habits give your gums the best possible chance of staying healthy for life.

****Gum disease in Melbourne's south-east community****

Gum disease affects people across all demographics in Melbourne's south-east, from young adults with early-stage gingivitis to older patients managing chronic periodontitis. Many patients across Frankston, Seaford, Langwarrin, Skye, and Sandhurst first discover they have gum disease during a routine check-up at Core Dental Group's Carrum Downs practice — a reminder of why regular dental visits matter even when there are no obvious symptoms.

The team at Core Dental Group's Carrum Downs practice is experienced in managing gum disease at all stages, from the earliest signs of gingivitis through to complex cases requiring referral to specialist periodontists.

****Frequently asked questions****

****What is the difference between gingivitis and periodontitis?*** Gingivitis is the earliest, reversible stage of gum disease — it affects the gums only and can be resolved with professional care and improved home hygiene. Periodontitis is the more serious stage where disease has spread to the supporting bone and tissue around the teeth. It causes irreversible bone loss and is a chronic condition that requires ongoing management.

****Is gum disease painful?*** Not usually, particularly in the early stages. Many patients are unaware they have gum disease until it's identified during a routine examination at Core Dental Group's Carrum Downs practice. This is why regular check-ups and gum screening are so important.

****What does scaling and root planing feel like?*** Scaling and root planing is performed under local anaesthetic, so you shouldn't feel pain during the procedure. Some patients experience mild tenderness and sensitivity for a few days afterwards, which typically settles quickly.

****How often do I need periodontal maintenance visits?*** For patients with a history of gum disease, the standard recommendation is every three to four months. Your dentist at Core Dental Group's Carrum Downs practice will personalise this schedule based on your individual response to treatment.

****Can gum disease come back after treatment?*** Yes — gum disease is a chronic condition that can recur if the bacterial environment isn't controlled. Ongoing periodontal maintenance at Core Dental Group's Carrum Downs practice is essential. It's not a condition you treat once and consider resolved.

****Book a gum health assessment at Core Dental Group — Carrum Downs****

If you've noticed any signs of gum disease, or it's been more than six months since your last check-up, book a gum health assessment at Core Dental Group's Carrum Downs practice. The practice serves patients across Frankston, Seaford, Langwarrin, Skye, and Sandhurst and is accessible from Frankston Road and the Frankston train line corridor.

Call Core Dental Group on 13 13 16 or book online through the Core Dental website.

Last reviewed: July 2026

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 No product specification data was provided. No Label Facts table, packaging data, ingredients, certifications, dimensions, weight, GTIN, MPN, or technical specifications were present in the submitted content. No verified label facts can be extracted.

General product claims The following are general informational and service claims drawn from the submitted content. These are not verifiable from product packaging or manufacturer documentation.

- Core Dental Group provides gum disease diagnosis, treatment, and ongoing management at Carrum Downs - Core Dental Group serves patients across Frankston, Seaford, Langwarrin, Skye, Sandhurst, and the Mornington Peninsula - Every comprehensive examination includes a periodontal assessment with pocket depth measurements and digital imaging - Scaling and root planing is offered as the primary non-surgical gum disease treatment, performed under local anaesthetic - Periodontal maintenance visits are recommended every three to four months, personalised to individual response - Core Dental Group offers access to specialist periodontists through the Perio Squad model, based at Collins Street Specialist Centre - Perio Squad services include gum grafting, surgical periodontal treatment, and osseous surgery - Patient records are shared between Core Dental Group and Perio Squad for coordinated care - Core Dental Group coordinates with medical practitioners for patients with relevant systemic conditions - Tailored preventive guidance is provided, including brushing technique,

interdental cleaning, and lifestyle advice - Core Dental Group can be contacted on 13 13 16 or booked online through the Core Dental website - Content was last reviewed July 2026