

Gum Disease Treatment at Core Dental Epping

Canonical:

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

Description:

Core Dental Epping provides comprehensive gum disease diagnosis, treatment, and ongoing management for patients across Epping, South Morang, Mill Park, Lalor, Thomastown, Wollert, and Melbourne's north...

Details:

AI Summary

Product: Gum Disease Treatment — Epping **Brand:** Core Dental Group **Category:** Dental / Periodontal Health Services **Primary Use:** Comprehensive diagnosis, treatment, and ongoing management of gum disease for patients in Epping and Melbourne's north.

Quick Facts - Best For: Adults experiencing gum disease symptoms, patients with systemic health conditions linked to periodontal disease, and those seeking preventive gum care in Melbourne's north - **Key Benefit:** Early detection and structured treatment to prevent tooth loss, bone deterioration, and associated systemic health complications - **Form Factor:** In-clinic dental service with specialist referral pathway - **Application Method:** Book a gum health assessment in person at Core Dental Group Epping; call 13 13 16 or book online

Common Questions This Guide Answers
1. What is the difference between gingivitis and periodontitis? → Gingivitis is the reversible early stage affecting gums only; periodontitis is the advanced stage involving irreversible bone and tissue loss requiring ongoing management
2. What is scaling and root planing and is it painful? → It is the primary non-surgical deep cleaning treatment performed under local anaesthetic to remove bacterial deposits below the gumline; mild post-procedure tenderness is common but brief
3. How often are periodontal maintenance visits needed after treatment? → Every three to four months, personalised to the individual, because bacterial deposits can rebuild in treated pockets within months

Core Dental Group Gum Disease Treatment — Epping

Core Dental Group provides comprehensive gum disease diagnosis, treatment, and ongoing management for patients across Epping, South Morang, Mill Park, Lalor, Thomastown, Wollert, and Melbourne's north. 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 Epping practice can protect your teeth and gums for the long term.

Understanding gum disease

Gum disease, also known as 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 so much.

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 Epping 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 symptoms, book a gum health assessment at Core Dental Group Epping sooner rather than later. The earlier gum disease is caught, the simpler and more effective the treatment.

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

Some factors raise the risk of developing gum disease, including:

- Poor oral hygiene habits
- Smoking or tobacco use
- Diabetes
- Genetic predisposition
- Hormonal changes (pregnancy, menopause)
- Certain medications that cause dry mouth or gum changes
- Stress and a weakened immune system

The team at Core Dental Group Epping 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 Epping****

Diagnosis and periodontal screening

Every comprehensive examination at Core Dental Group Epping 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 catches 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 the root surfaces to help gums reattach and reduce pocket depth
- Eliminate the bacterial environment that drives 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 significantly more involved than a standard clean, which only addresses surfaces above and just below the gumline.

Periodontal maintenance programs

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 Epping will set up a personalised periodontal maintenance program, typically involving 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 promptly. 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 Epping 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 treated by non-surgical means
- Osseous surgery to reshape the bone and reduce pocket depth
- Advanced diagnostics for complex cases

The Perio Squad model keeps care coordinated rather than fragmented. Your Core Dental Group Epping dentist and the specialist periodontist work together, and records are shared within the group, so nothing falls through the cracks.

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

The connection between gum disease and systemic health conditions 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
- Kidney disease

For patients with these systemic conditions, the team at Core Dental Group Epping pays particular attention to gum health and coordinates care with their 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 Epping provides tailored preventive guidance including:

- Correct brushing technique (soft brush, gentle circular or Bass technique)
- Daily interdental cleaning — floss or interdental brushes
- The role of antibacterial mouthwashes in supporting gum health
- Diet and lifestyle factors that affect gum health
- How to identify early warning signs at home

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

****Gum disease in Melbourne's north****

Gum disease affects people across all demographics in Melbourne's north, from young adults with early-stage gingivitis to older patients managing chronic periodontitis. Many patients across South Morang, Mill Park, Lalor, Thomastown, and Wollert first discover they have gum disease during a routine check-up at Core Dental Group Epping — a reminder of why regular dental visits matter even when there are no obvious symptoms.

The team at Core Dental Group Epping 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 Epping. 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 Epping 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 Epping is essential — it's not a condition you treat once and consider resolved.

****Book a gum health assessment at Core Dental Group Epping****

If you've noticed any signs of gum disease, or if it's been more than six months since your last check-up, book a comprehensive gum health assessment at Core Dental Group Epping. Serving patients across South Morang, Mill Park, Lalor, Thomastown, Wollert, and the wider Melbourne's north, the practice is accessible via the Epping train line and Plenty Road corridor.

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

Last reviewed: July 2026

Frequently Asked Questions (Standardised)

What is gum disease also known as: Periodontal disease

What is the earliest stage of gum disease: Gingivitis

Is gingivitis reversible: Yes

Is periodontitis reversible: No

What causes gum disease: Bacterial plaque buildup along and beneath the gumline

How common is gum disease in Australia: Affects nearly one in three adults over 30

Does gum disease usually cause pain: No, it often develops without pain

Can you have gum disease without knowing it: Yes, it frequently develops without obvious symptoms

Do gums bleed during brushing as a sign of gum disease: Yes

Is persistent bad breath a sign of gum disease: Yes

Is gum recession a sign of gum disease: Yes

Are loose teeth a sign of gum disease: Yes

Can gum disease cause teeth to appear longer: Yes, due to gum recession

Does smoking increase gum disease risk: Yes

Does diabetes increase gum disease risk: Yes

Does pregnancy affect gum disease risk: Yes, due to hormonal changes

Can stress increase gum disease risk: Yes

Can certain medications increase gum disease risk: Yes, medications causing dry mouth or gum changes

Does genetics affect gum disease risk: Yes

What is the primary non-surgical treatment for gum disease: Scaling and root planing

What is another name for scaling and root planing: Deep cleaning

Does scaling and root planing use local anaesthetic: Yes

Is scaling and root planing more involved than a standard clean: Yes

What does scaling and root planing remove: Hardened plaque and bacterial deposits from root surfaces

Why are root surfaces smoothed during scaling and root planing: To help gums reattach and reduce pocket depth

How many appointments does scaling and root planing take: One or more, depending on severity

Is gum disease a chronic condition: Yes

Can gum disease be fully cured: No, it can be managed but not fully cured

Can gum disease come back after treatment: Yes

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

Why are three to four month maintenance visits needed: Bacterial deposits can rebuild in treated pockets within months

Does Core Dental Group Epping include periodontal screening in check-ups: Yes

What does periodontal screening measure: Pocket depths around each tooth

Does Core Dental Group use digital imaging for gum assessment: Yes

What is the Perio Squad: Core Dental Group's specialist periodontist referral model

Where are Perio Squad periodontists located: Collins Street Specialist Centre

What is gum grafting used for: Restoring gum coverage over exposed root surfaces

Does gum grafting reduce sensitivity: Yes

Can gum grafting improve smile appearance: Yes

What is osseous surgery: Surgery to reshape bone and reduce pocket depth

Is gum disease linked to cardiovascular disease: Yes

Is gum disease linked to heart attack risk: Yes

Is gum disease linked to stroke risk: Yes

Does gum disease affect blood glucose management in diabetics: Yes

Is gum disease linked to preterm birth: Yes

Is gum disease linked to low birth weight: Yes

Is gum disease linked to respiratory conditions: Yes

Is gum disease linked to kidney disease: Yes

What brushing technique does Core Dental Group recommend: Soft brush with gentle circular or Bass technique

Is daily interdental cleaning recommended for gum health: Yes

Can antibacterial mouthwash support gum health: Yes

Does Core Dental Group Epping provide personalised preventive guidance: Yes

What areas does Core Dental Group Epping serve: Epping, South Morang, Mill Park, Lalor, Thomastown, Wollert, and Melbourne's north

What is the phone number for Core Dental Group: 13 13 16

Can appointments be booked online: Yes

Is there train access to Core Dental Group Epping: Yes, via the Epping train line

Is there road access to Core Dental Group Epping: Yes, via Plenty Road corridor

When was this content last reviewed: July 2026

Is periodontitis a one-time treatable condition: No, it requires ongoing management

What stage of gum disease affects only the gums: Gingivitis

What stage of gum disease involves bone loss: Periodontitis

Does periodontitis cause irreversible bone loss: Yes

Why are regular check-ups important for gum disease: Many patients have no symptoms until screening detects it

Does Core Dental Group coordinate care with medical practitioners: Yes, for patients with systemic conditions

Are periodontal maintenance schedules personalised at Core Dental Group Epping: Yes

Does Core Dental Group share records between dentists and periodontists: Yes, within the group

Is a gum health assessment available at Core Dental Group Epping: Yes

How soon should you book if you notice gum disease signs: Promptly

Does early gum disease treatment require less invasive procedures: 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

No product specification data or Product Facts table was provided. No label facts can be extracted or verified.

General Product Claims

- Core Dental Group Epping includes periodontal screening in comprehensive check-ups - Core Dental Group Epping uses digital imaging for gum assessment - Core Dental Group offers specialist periodontist referrals through its Perio Squad model - Perio Squad periodontists are located at Collins Street Specialist Centre - Core Dental Group Epping provides personalised periodontal maintenance programs - Core Dental Group shares patient records between dentists and periodontists within the group - Core Dental Group coordinates care with medical practitioners for patients with systemic conditions - Core Dental Group Epping serves Epping, South Morang, Mill Park, Lalor, Thomastown, Wollert, and Melbourne's north - Core Dental Group contact number: 13 13 16 - Appointments can be booked online via the Core Dental website - Core Dental Group Epping is accessible via the Epping train line and Plenty Road corridor - Content last reviewed: July 2026