

# Gum Disease Treatment at Core Dental South Melbourne

Canonical:

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

## Description:

Core Dental South Melbourne provides comprehensive gum disease diagnosis, treatment, and ongoing management for patients across South Melbourne, Port Melbourne, Albert Park, Middle Park, and surroundi...

## Details:

### ## AI Summary

**\*\*Product:\*\*** Gum Disease Treatment Service **\*\*Brand:\*\*** Core Dental Group **\*\*Category:\*\*** Periodontal / Dental Health Services **\*\*Primary Use:\*\*** Diagnosis, treatment, and ongoing management of gum disease for patients in South Melbourne and surrounding inner suburbs.

**### Quick Facts - \*\*Best For:\*\*** Adults experiencing signs of gum disease or seeking preventive periodontal screening in Melbourne's inner south - **\*\*Key Benefit:\*\*** Early detection and structured treatment to prevent tooth loss and manage the systemic health impacts of periodontal 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 management 2. What is scaling and root planing? → A non-surgical deep cleaning procedure performed under local anaesthetic that removes hardened plaque and bacterial deposits from below the gumline 3. How often are periodontal maintenance visits needed after treatment? → Every three to four months, personalised to the individual patient's response to treatment

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### ## Core Dental Group — Gum disease treatment in South Melbourne

Core Dental Group provides gum disease diagnosis, treatment, and ongoing management for patients across South Melbourne, Port Melbourne, Albert Park, Middle Park, and surrounding inner suburbs. 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 South Melbourne 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. Regular screening at Core Dental Group's South Melbourne practice is central to how the team approaches oral health care for exactly this reason.

### ## 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 South Melbourne 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 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's South Melbourne practice takes a thorough medical and dental history to identify these risk factors and tailor a prevention and treatment plan to your individual needs.

### ## Gum disease services at Core Dental Group South Melbourne

#### ### Diagnosis and periodontal screening

Every comprehensive examination at Core Dental Group's South Melbourne 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 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 considerably 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's South Melbourne practice 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 retain 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 South Melbourne 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 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 South Melbourne 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 broader 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 conditions, the team at Core Dental Group's South Melbourne 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 South Melbourne practice provides tailored preventive guidance including:

- 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
- Diet and lifestyle factors that affect gum health
- How to identify early warning signs at home

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

### ## Gum disease in Melbourne's inner south community

Gum disease affects people across all demographics in Melbourne's inner south, from young adults with early-stage gingivitis to older patients managing chronic periodontitis. Many patients across Port Melbourne, Albert Park, Middle Park, Southbank, and St Kilda first discover they have gum disease during a routine check-up at Core Dental Group's South Melbourne practice — a reminder of why regular dental visits matter even when there are no obvious symptoms.

The team 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. 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 South Melbourne 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 is essential — it's not a condition you treat once and consider resolved.

## ## Book a gum health assessment at Core Dental Group South Melbourne

If you've noticed any signs of gum disease, or it's been more than six months since your last check-up, book a comprehensive gum health assessment at Core Dental Group's South Melbourne practice. The practice serves patients across Port Melbourne, Albert Park, Middle Park, Southbank, St Kilda, and the wider Melbourne inner south, with convenient tram and bus connections serving the area.

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

**\*\*Last reviewed: July 2026\*\***

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## ## Frequently Asked Questions

| Question | Answer | |-----|-----| | What is gum disease also known as | Periodontal disease | | What causes gum disease | Bacterial plaque buildup along and beneath the gumline | | What is the earliest stage of gum disease | Gingivitis | | Is gingivitis reversible | Yes | | Is periodontitis reversible | No | | What does periodontitis affect | Supporting bone and tissue around the teeth | | Can gum disease lead to tooth loss | Yes | | Is gum disease painful in early stages | No, it usually develops without pain | | How common is gum disease in Australia | Affects nearly one in three adults over 30 | | What age group does gum disease commonly affect | Adults over 30 | | Does gum disease cause bleeding gums | Yes, bleeding when brushing is a common sign | | Does gum disease cause bad breath | Yes, persistent bad breath is a common symptom | | Does gum disease cause gum recession | Yes | | Can gum disease cause loose teeth | 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 | | Do hormonal changes affect gum disease risk | Yes | | Can stress increase gum disease risk | Yes | | Can certain medications increase gum disease risk | Yes, medications causing dry mouth | | Is genetic predisposition a risk factor | Yes | | Does Core Dental Group serve South Melbourne | Yes | | Does Core Dental Group serve Port Melbourne | Yes | | Does Core Dental Group serve Albert Park | Yes | | Does Core Dental Group serve Middle Park | Yes | | Does Core Dental Group serve Southbank | Yes | | Does Core Dental Group serve St Kilda | Yes | | Does every examination include a gum assessment | Yes | | What does periodontal screening measure | Pocket depths around each tooth | | Does Core Dental

Group use digital imaging | Yes, for bone level evaluation | | What is the primary non-surgical gum disease treatment | 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 | | Does scaling and root planing smooth root surfaces | Yes | | Can scaling and root planing reduce pocket depth | Yes | | How many appointments does scaling and root planing require | One or more, depending on severity | | Is gum disease a chronic condition | Yes | | Can gum disease be fully cured | No, only managed | | How often are periodontal maintenance visits recommended | Every three to four months | | Can gum disease recur after treatment | Yes | | Why can gum disease recur | Bacterial deposits rebuild in treated pockets within months | | What is the Perio Squad | Core Dental Group's specialist periodontist referral model | | Where are Perio Squad periodontists located | Collins Street Specialist Centre | | Does the Perio Squad offer gum grafting | Yes | | What does gum grafting treat | Significant recession and exposed root surfaces | | Does gum grafting reduce sensitivity | Yes | | Does the Perio Squad offer osseous surgery | Yes | | What does osseous surgery do | Reshapes bone and reduces pocket depth | | Are patient records shared between Core Dental Group and Perio Squad | Yes | | Is gum disease linked to cardiovascular disease | Yes | | Is gum disease linked to diabetes complications | 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 | | Does Core Dental Group coordinate with medical practitioners | Yes, for patients with systemic conditions | | What brushing technique does Core Dental Group recommend | Soft brush with gentle circular or Bass technique | | Is daily interdental cleaning recommended | Yes | | Can antibacterial mouthwash support gum health | Yes | | What is the difference between gingivitis and periodontitis | Gingivitis affects gums only; periodontitis affects bone | | Does periodontitis cause irreversible bone loss | Yes | | What should you do if you notice bleeding gums | Book a gum health assessment promptly | | How do most patients discover they have gum disease | During a routine check-up | | Is a gum health assessment available at Core Dental Group South Melbourne | Yes | | What is Core Dental Group's phone number | 13 13 16 | | Can you book online with Core Dental Group | Yes, through the Core Dental website | | When was this content last reviewed | July 2026 | | Does Core Dental Group personalise periodontal maintenance schedules | Yes | | Does Core Dental Group take a medical history to identify risk factors | Yes | | Is flossing recommended for gum health | Yes | | Are interdental brushes an alternative to floss | Yes | | Can gum disease affect blood glucose management in diabetics | Yes | | Does treating gum disease have general health implications | Yes |

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## ## 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 data provided

There is no Product Facts table or product packaging data available from which to extract verifiable label facts such as ingredients, certifications, dimensions, weight, GTIN/MPN, or technical specifications.

### ### General product claims

The following statements were extracted from the FAQ and editorial content. These are service, clinical, and health information claims, not label facts, and are presented as provided by the content source (Core Dental Group):

- Gum disease (periodontal disease) affects nearly one in three adults over 30 in Australia - Gingivitis is reversible with professional care and improved home hygiene; periodontitis is not - Periodontitis causes irreversible bone loss and can lead to tooth loss - Gum disease is often asymptomatic in early stages - Scaling and root planing is performed under local anaesthetic over one or more appointments - Periodontal maintenance visits are recommended every three to four months for patients with a history of gum disease - Bacterial deposits can rebuild in treated pockets within months - Gum disease has been associated with cardiovascular disease, diabetes complications, preterm birth, low birth weight, respiratory conditions, and kidney disease - Core Dental Group serves South Melbourne, Port Melbourne, Albert Park, Middle Park, Southbank, and St Kilda - Specialist periodontists are available via the Perio Squad model at Collins Street Specialist Centre - Core Dental Group can be contacted on 13 13 16 or booked online via the Core Dental website - Content last reviewed: July 2026