

Gum Disease Treatment at Core Dental Southbank

Canonical:

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

Description:

Core Dental Southbank provides comprehensive gum disease diagnosis, treatment, and ongoing management for patients across Southbank, South Melbourne, Port Melbourne, Docklands, and the broader CBD. Gu...

Details:

Core Dental Group — Gum Disease Diagnosis, Treatment & Management at Southbank

Core Dental Group provides comprehensive gum disease diagnosis, treatment, and ongoing management for patients across Southbank, South Melbourne, Port Melbourne, Docklands, and the broader CBD. 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 develops without pain. Catching it early and treating it properly at Core Dental Group's Southbank 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.

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 reversed, 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 Southbank location 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
- 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, 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 likelihood of developing gum disease:

- 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
- Stress and a weakened immune system

The team at Core Dental Group takes a thorough medical and dental history to identify these factors and build a prevention and treatment plan around your individual situation.

****Gum disease services at Core Dental Group Southbank****

Diagnosis and periodontal screening

Every comprehensive examination at Core Dental Group's Southbank practice includes a full 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 and bacterial deposits from root surfaces, smooth those surfaces to help gums reattach and reduce pocket depth, and clear 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 programs

Because gum disease is a chronic condition, treatment alone isn't enough — it requires ongoing management. Once your gum disease has been treated, the team at Core Dental Group will set up a personalised maintenance program, typically involving professional cleaning and pocket depth monitoring every three to four months.

That frequency matters. Bacterial deposits can rebuild in treated pockets within months, and any recurrence needs to be caught and addressed before it progresses. 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 Southbank 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
- Advanced diagnostics for complex cases

The Perio Squad model keeps care coordinated rather than fragmented. Your Core Dental Group 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 is well-established. Periodontal inflammation has been associated with increased cardiovascular disease risk, 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 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 provides tailored preventive guidance covering:

- Correct brushing technique using a soft brush with gentle circular or Bass technique movements -
- 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 spot early warning signs at home

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

Gum disease in the Melbourne CBD precinct community

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

The team at Core Dental Group 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, causing irreversible bone loss. It's 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 matter so much.

****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 will adjust 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 — this isn't something you treat once and consider resolved.

Book a gum health assessment at Core Dental Group Southbank

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's Southbank practice. Serving patients across South Melbourne, Port Melbourne, Albert Park, Docklands, the CBD, and the wider Melbourne CBD precinct, the practice is easily reached by tram, train, and bus from across Melbourne's inner city.

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

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