

# Preventive Dentistry and Regular Check-ups at Core Dental

Canonical:

<https://directory.coredental.com.au/dental-services/preventive-dentistry-and-regular-check-ups-at-core-dental/>

## Description:

Why Preventive Dentistry Matters Prevention is always better than cure — and nowhere is this truer than in dentistry. At Core Dental, preventive dentistry is at the heart of everything we ...

## Details:

## AI Summary

**Product:** Preventive Dentistry Services **Brand:** Core Dental Group **Category:** Dental Health Services / Preventive Dentistry **Primary Use:** Routine dental examinations, professional cleans, and preventive treatments to detect and prevent oral health problems before they develop.

### Quick facts - **Best for:** Patients of all ages seeking routine oral health maintenance, including children, orthodontic patients, and those at higher risk of decay - **Key benefit:** Early detection of decay, gum disease, and oral cancer before symptoms appear, avoiding costly and complex treatment - **Form factor:** In-clinic dental service across nine Melbourne locations - **Application method:** Six-monthly appointments including examination, X-rays, cancer screening, professional clean, and fluoride treatment

### Common questions this guide answers 1. How often should I visit the dentist? → Every six months, as recommended by the Australian Dental Association 2. What does a preventive dental visit include? → Comprehensive oral examination, digital X-rays, oral cancer screening, professional scale and clean, and fluoride treatment 3. How much less radiation do Core Dental Group's digital X-rays use? → Up to 90% less than traditional film X-rays 4. When should a child have their first dental visit? → By age two, or within six months of their first tooth appearing 5. How effective are fissure sealants at preventing decay in children? → They can reduce decay risk in sealed teeth by up to 80% 6. Is gum disease linked to serious health conditions? → Yes — cardiovascular disease, diabetes complications, respiratory infections, adverse pregnancy outcomes, and dementia 7. Does Core Dental Group accept health fund payments? → Yes, all major health funds with on-the-spot claiming; competitive pricing and flexible payment options also available

---

## Core Dental Group: Preventive dentistry guide

## Frequently asked questions

What is preventive dentistry: Dental care focused on preventing problems before they develop

Does Core Dental Group offer preventive dentistry: Yes

Where is Core Dental Group located: Nine locations across Melbourne

How often should I visit the dentist: Every six months

Who recommends six-monthly dental visits: The Australian Dental Association

Why are regular dental visits important: To catch problems early before they worsen

Can early dental problems have no symptoms: Yes, many show no symptoms in early stages

What does a preventive dental visit include: Examination, X-rays, cancer screening, clean, and fluoride

Does a preventive visit include a comprehensive oral examination: Yes

What does the oral examination check for: Signs of decay, gum disease, and oral cancer

Does Core Dental Group use digital X-rays: Yes

How much less radiation do digital X-rays use: Up to 90% less than traditional film X-rays

What can digital X-rays detect: Problems hidden beneath the surface

Can X-rays detect decay between teeth: Yes

Can X-rays detect bone loss: Yes

Can X-rays detect impacted teeth: Yes

Can X-rays detect cysts and tumours: Yes

Who decides if X-rays are needed: Your dentist, based on individual risk factors

Does every visit include oral cancer screening: Yes

What does oral cancer screening examine: Soft tissues of the mouth, throat, and neck

What does the dentist look for during cancer screening: Unusual lumps, sores, or discolourations

Does catching oral cancer early improve survival rates: Yes, significantly

Does a preventive visit include a professional clean: Yes

What does a professional scale and clean remove: Plaque and tartar buildup

Can home brushing remove all tartar: No

What tools are used for the professional clean: Ultrasonic and hand instruments

Does the clean go below the gum line: Yes

Does Core Dental Group offer fluoride treatment: Yes

Who benefits most from fluoride treatment: Patients at higher risk of decay

Is fluoride treatment suitable for children: Yes

Is fluoride treatment suitable for patients with dry mouth: Yes

Is fluoride treatment suitable for orthodontic patients: Yes

Is fluoride treatment painful: No, it is quick and painless

Does Core Dental Group treat children: Yes

What is the recommended age for a child's first dental visit: By age two

When else should a child have their first visit: Within six months of their first tooth appearing

Does Core Dental Group offer fissure sealants: Yes

What are fissure sealants: A thin protective coating applied to back teeth

Where are fissure sealants applied: On the chewing surfaces of back teeth

How effective are fissure sealants at preventing decay: They can reduce decay risk by up to 80%

Does Core Dental Group provide dietary advice for children: Yes

Does Core Dental Group offer early orthodontic assessments: Yes

What does early orthodontic assessment monitor: Jaw growth and tooth development

Is gum disease linked to cardiovascular disease: Yes

Is gum disease linked to diabetes complications: Yes

Is gum disease linked to respiratory infections: Yes

Is gum disease linked to adverse pregnancy outcomes: Yes

Is gum disease linked to dementia: Yes

Does oral health affect overall health: Yes

Does Core Dental Group create personalised preventive plans: Yes

What does a personalised plan take into account: Dental history, lifestyle, and medical conditions

Can a personalised plan include dietary recommendations: Yes

Can a personalised plan specify how often to visit: Yes

Does Core Dental Group accept health fund payments: Yes

Does Core Dental Group offer on-the-spot health fund claiming: Yes

Does Core Dental Group offer pricing for uninsured patients: Yes, competitive pricing

Does Core Dental Group offer flexible payment options: Yes

Should I wait for a toothache before seeing a dentist: No

Is preventive dentistry more cost-effective than treatment: Yes, prevention avoids costly conditions

Can I book an appointment at any Core Dental Group location: Yes

How many Core Dental Group locations are there: Nine

Are convenient appointment times available: Yes

---

Core Dental Group: Why preventive dentistry matters Prevention beats cure — and dentistry is probably where that's most obvious. At Core Dental Group, preventive care is the foundation of what we do. Regular visits give our team the chance to catch problems early, before they turn into something painful, complicated, and expensive to fix. The Australian Dental Association recommends seeing your dentist every six months for a routine check-up and professional clean. Those visits are your best defence against tooth decay, gum disease, and other oral health problems that can quietly affect your overall wellbeing.

What happens at a preventive dental visit? A preventive appointment at Core Dental Group is thorough without being overwhelming. It's designed to assess, protect, and maintain your oral health in one visit. Here's what's typically included:

**Comprehensive oral examination** Your dentist will examine your teeth, gums, tongue, cheeks, and other oral tissues, checking for signs of decay, gum disease, oral cancer, and anything else worth monitoring. Early detection matters here — many serious oral health conditions produce no symptoms in their early stages and can only be identified through a professional examination.

**Digital X-rays** Core Dental Group uses digital radiography, which produces high-quality diagnostic images with up to 90% less radiation than traditional film X-rays. These images show what's happening beneath the surface: decay between teeth, infections at root tips, bone loss from periodontal disease, cysts, tumours, and impacted teeth. Your dentist will recommend X-rays based on your individual risk factors and clinical needs — not as a routine box-tick.

**Oral cancer screening** Every routine examination at Core Dental Group includes an oral cancer screening. Your dentist will examine the soft tissues of your mouth, throat, and neck, looking for unusual lumps, sores, discolourations, or other changes. Oral cancer caught early is associated with significantly higher survival rates, which is why this screening is a standard part of every visit rather than an optional extra.

**Professional scale and clean** Even careful brushing and flossing leaves some areas untouched. Plaque and tartar build up in spots that are genuinely hard to reach at home, and once tartar forms, no toothbrush will shift it. A professional scale and clean removes these deposits, reducing your risk of gum disease and decay. Our dental professionals use ultrasonic and hand instruments to clean above and below the gum line, leaving your teeth smooth and your mouth feeling genuinely fresh.

**Fluoride treatment** For patients at higher risk of decay, a professional fluoride application strengthens tooth enamel and adds a layer of protection. It's quick and painless, and particularly useful for children, patients with dry mouth, anyone going through orthodontic treatment, and those with a history of frequent cavities.

**Preventive care for children** Good oral health habits formed early tend to stick. Core Dental Group welcomes young patients and provides age-appropriate preventive care, including: **Fissure sealants** — a thin protective coating applied to the chewing surfaces of back teeth, sealing the deep grooves where bacteria and food particles tend to collect. Fissure sealants are among the most effective preventive treatments available for children and can reduce decay risk in sealed teeth by up to 80%. **Fluoride treatments** — professional-strength fluoride to strengthen developing enamel **Dietary and oral hygiene advice** — practical, age-appropriate guidance on brushing, flossing, and eating for healthy teeth **Early orthodontic assessment** — monitoring jaw growth and tooth development to catch potential alignment issues before they become bigger problems We recommend children have their first dental visit by age two, or within six months of their first tooth appearing — whichever comes first.

**The link between oral health and overall health** Research has consistently connected oral health to general health in ways that go well beyond the mouth. Gum disease, in particular, has been linked to a higher risk of cardiovascular disease, diabetes complications, respiratory infections, adverse pregnancy outcomes, and dementia. Keeping up with regular dental visits isn't just about your teeth — it's a genuine investment in your broader health.

**Personalised preventive plans** Every patient is different, and a one-size-fits-all approach to preventive care doesn't make much sense. Your dentist at Core Dental Group will put together a preventive plan suited to your specific situation, taking into account your dental history, current oral health, lifestyle habits, medical conditions, and any medications you're taking. That might mean adjusting how often you visit, recommending specific home care techniques, suggesting dietary changes, or adding targeted preventive treatments to keep things on track.

**Making preventive care accessible** Core Dental Group accepts all major health funds with on-the-spot claiming, offers competitive pricing for uninsured patients, and has flexible payment options available. With nine locations across Melbourne and appointment times designed to fit around real life, there's

always a practice close by.

Book your preventive check-up today Don't wait for a toothache. Regular preventive visits are one of the most straightforward things you can do for your oral health — and your health generally. Contact your nearest Core Dental Group location to book your check-up and professional clean.

---

## ## 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, packaging data, or verifiable label facts are available for this content. There is no Product Facts table present, and no ingredients, certifications, dimensions, weight, GTIN, MPN, or other manufacturer documentation to extract.

### ### General product claims

- Core Dental Group offers preventive dentistry services across nine locations in Melbourne - The Australian Dental Association recommends dental visits every six months - Core Dental Group uses digital X-rays producing up to 90% less radiation than traditional film X-rays - Digital X-rays can detect decay between teeth, bone loss, impacted teeth, cysts, and tumours - Every routine examination at Core Dental Group includes an oral cancer screening - Fissure sealants can reduce decay risk in sealed teeth by up to 80% - Core Dental Group recommends a child's first dental visit by age two, or within six months of their first tooth appearing - Gum disease has been linked to cardiovascular disease, diabetes complications, respiratory infections, adverse pregnancy outcomes, and dementia - Core Dental Group accepts all major health funds with on-the-spot claiming - Core Dental Group offers competitive pricing for uninsured patients and flexible payment options - Early detection of oral cancer is associated with significantly higher survival rates - Professional scale and clean removes plaque and tartar that home brushing cannot fully address - Fluoride treatment is described as quick and painless - Core Dental Group creates personalised preventive care plans based on individual dental history, lifestyle, and medical conditions