

Dentist in Epping: The Complete Guide to Core Dental Epping

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Description:

Dentist in Epping: The Complete Guide to Core Dental Epping *Your comprehensive guide to dental care in Melbourne's northern growth corridor — from routine check-ups to advanced restorative and COS...

Details:

Your comprehensive guide to dental care in Melbourne's northern growth corridor — from routine check-ups to advanced restorative and cosmetic treatments.

Finding the Right Dentist in Epping

Choosing a dentist is one of those decisions that shapes your family's health for years to come. In a growing suburb like Epping — where new families are settling, schools are expanding and the community is becoming more diverse by the year — having a trusted dental practice close to home matters more than you might think.

Core Dental Epping has been serving the northern suburbs from its convenient location at Tenancy 3B/230 Cooper St, just moments from Pacific Epping Shopping Centre. With a team of experienced general dentists, a specialist paediatric dentist, a dental prosthetist, a dedicated hygienist and advanced technology including CEREC same-day crowns, digital scanning, laser dentistry and sleep dentistry, the practice offers a breadth of care that's unusual for a suburban dental practice. Whether you live in Epping itself, or you're coming from South Morang, Mill Park, Lalor, Thomastown or one of the newer estates in Wollert, the practice is designed to make quality dental care accessible to the whole family.

This guide covers everything you need to know about dental services in Epping — from what to expect at your first visit, to the advanced technology that makes modern dentistry faster, more comfortable and more predictable than ever before.

Epping: A Growing Community in Melbourne's North

Epping has changed dramatically over the past decade. What was once a quieter outer suburb has become one of Melbourne's most dynamic growth corridors, with thousands of new families settling each year in estates across Epping, Wollert and the surrounding areas.

The development of Pacific Epping Shopping Centre as a major retail hub, continued investment in public transport (including the South Morang/Mernda rail line extension), and the ongoing expansion of schools and community infrastructure have transformed the area into a thriving, multicultural community.

With growth comes demand — for schools, for childcare, for medical services, and for quality dental care. Families moving into new estates in Wollert, Aurora and the northern reaches of Epping often find themselves looking for a trusted local dentist who can manage the whole family's needs, from a

toddler's first dental visit through to Mum or Dad's Invisalign treatment or emergency toothache.

Core Dental Epping was established to meet exactly this need — a comprehensive dental practice with the team, technology and specialist expertise to serve a growing, diverse community.

Why Epping Families Choose Core Dental

A Team Built Around Your Needs

One of the things that sets Core Dental Epping apart is the breadth of its clinical team. Rather than a single dentist trying to cover everything, the practice brings together general dentists, a specialist paediatric dentist, a dental prosthetist and a dedicated hygienist — each focused on what they do best.

General Dentists:

- **Dr Alysha Soltys** — Providing comprehensive general and cosmetic dentistry, Dr Soltys brings a thorough, patient-focused approach to every appointment. - **Dr Tristan Balthazaar** — With a keen eye for detail, Dr Balthazaar delivers a wide range of dental treatments with a focus on patient comfort and long-term outcomes. - **Dr Marina Ghobrial** — Dr Ghobrial combines clinical skill with a warm chairside manner, making patients of all ages feel at ease. - **Dr Maria Blanchard** — A fluent Spanish speaker, Dr Blanchard ensures that Spanish-speaking families in Epping's diverse community can access dental care in the language they're most comfortable with.

Specialist and Allied Team:

- **Dr Aish Kesava, Paediatric Dentist** — A registered specialist in paediatric dentistry, Dr Kesava is specifically trained to manage the dental needs of infants, children and adolescents, including those with complex medical needs or dental anxiety. Having a paediatric specialist on-site is a genuine rarity in suburban practice. - **Ahmed Saoud, Dental Prosthetist** — Specialising in dentures and removable prosthetics, Ahmed works closely with the dental team to design, fabricate and fit dentures that look natural and function comfortably. - **Sina Hassani, Dental Hygienist** — Sina provides professional cleaning, gum health assessments and personalised oral hygiene coaching to help patients maintain healthy teeth and gums between dental visits.

Practice Coordinator:

- **Kirsty Logan** — Kirsty and the front desk team manage scheduling, treatment coordination and payment plans, ensuring every visit runs smoothly from start to finish.

Languages Spoken

Core Dental Epping serves one of Melbourne's most multicultural communities. The team provides care in English and Spanish, helping more families access dental services without language barriers. Dr Maria Blanchard is fluent in Spanish, ensuring that Spanish-speaking families can discuss their dental concerns, understand treatment options and provide informed consent in the language they're most comfortable with.

Language should never be a barrier to quality dental care. If you or a family member would feel more comfortable discussing treatment in Spanish, let the team know when you book.

Location and Getting to the Practice

Address and Contact

Core Dental Epping is located at **Tenancy 3B/230 Cooper St, Epping VIC 3076**, with easy access from Cooper Street and ample parking nearby.

- **Phone:** (03) 9401 4622 - **National Booking Line:** 13 13 16 - **Email:** eppping@coredental.com.au

Public Transport

The practice is approximately a 10-minute walk from **Epping Station** on the South Morang (Mernda) line, making it accessible for patients travelling by train from across the northern suburbs. Several bus routes also service High Street nearby, connecting Epping to Mill Park, Lalor, Thomastown and beyond.

Nearby Landmarks

Pacific Epping Shopping Centre is just a short walk away, making it easy to combine your dental appointment with shopping, groceries or a coffee. The practice's Cooper Street location also provides straightforward access from the Hume Freeway and surrounding arterial roads.

Suburbs We Serve

While anyone is welcome, the majority of patients come from Epping and the surrounding northern suburbs, including:

- **South Morang** — A short drive east along McDonalds Road - **Mill Park** — Just south via Dalton Road or Childs Road - **Lalor** — Minutes away via May Road or Station Street - **Thomastown** — A quick trip south down High Street - **Wollert** — Growing fast, and an easy commute via Craigieburn Road East

The northern growth corridor is one of Melbourne's fastest-developing regions, and Core Dental Epping is well positioned to serve both established residents and the thousands of new families moving into the area each year.

For patients in Wollert and the newer estates to the north, Core Dental Epping offers the closest comprehensive dental practice with advanced technology like CEREC same-day crowns and a specialist paediatric dentist — services that can be difficult to find in rapidly developing areas where infrastructure is still catching up to population growth.

Opening Hours

| Day | Hours | |----|-----| | Monday | 8:00 AM – 6:00 PM | | Tuesday | 8:00 AM – 6:00 PM | | Wednesday | 8:00 AM – 6:00 PM | | Thursday | 8:00 AM – 6:00 PM | | Friday | 8:00 AM – 6:00 PM | | Saturday | 8:00 AM – 1:30 PM | | Sunday | Closed |

Saturday morning appointments are available for patients who find it difficult to attend during the working week — particularly popular with working parents, shift workers and school-age children across the northern suburbs.

The practice's weekday hours (8 AM to 6 PM) are designed to accommodate both early morning appointments before work and late afternoon slots after school pickup. The team works to minimise wait times and keep appointments running on schedule, because they know your time matters.

Advanced Dental Technology at Core Dental Epping

Modern dental technology isn't just about having impressive equipment — it's about delivering better outcomes, greater comfort and faster treatment times. Core Dental Epping has invested in several key technologies that genuinely change the patient experience.

CEREC Same-Day Crowns

Perhaps the most significant technological advantage at Core Dental Epping is CEREC (Chairside Economical Restoration of Esthetic Ceramics). This system allows the team to design, mill and fit high-quality ceramic crowns, inlays and onlays in a single appointment.

****How CEREC works:****

1. Your tooth is prepared and digitally scanned — no messy impression putty 2. The restoration is designed on screen using 3D software 3. A block of dental ceramic is milled to the exact specifications right in the practice 4. The finished restoration is bonded to your tooth, all in one visit

****What this means for you:****

- No temporary crowns that can crack, fall off or cause sensitivity - No second appointment two to three weeks later - No second round of anaesthetic - A precise, digitally designed fit - High-quality ceramic that matches your natural tooth colour

For patients travelling from South Morang, Wollert or Thomastown, same-day treatment means one trip instead of two — saving time, fuel and the hassle of arranging additional time off work or childcare.

Digital Scanning

Digital intraoral scanners have replaced traditional alginate and silicone impression trays for many procedures at Core Dental Epping. The scanner captures a detailed 3D map of your teeth and gums in minutes, with no gagging, no mess and no waiting for materials to set.

Digital scans are used for:

- CEREC restorations - Invisalign treatment planning - Crown and bridge work - Denture design - Orthodontic assessment

The accuracy of digital scanning also means fewer remakes and adjustments, which translates to fewer appointments and better-fitting restorations.

Laser Dentistry

Dental lasers offer a minimally invasive alternative to traditional surgical techniques for a range of soft tissue procedures. At Core Dental Epping, laser technology is used for:

- ****Gum recontouring**** — Reshaping the gum line for cosmetic or functional purposes - ****Soft tissue management**** — Treating excess gum tissue around restorations or implants - ****Ulcer and cold sore treatment**** — Accelerating healing and reducing discomfort - ****Frenectomy**** — Releasing tongue ties or lip ties in children and adults

Laser procedures typically involve less bleeding, less swelling and faster healing compared to conventional techniques. Many soft tissue laser treatments can be performed with little or no anaesthetic.

Sleep Dentistry

Dental anxiety is more common than most people realise. Studies suggest that up to one in six Australian adults experience some level of dental anxiety, and for some, it's severe enough to prevent them from seeking care altogether.

Core Dental Epping offers sleep dentistry (also known as sedation dentistry) options to help anxious patients receive the treatment they need comfortably. This is particularly valuable for:

- Patients with severe dental phobia - Those requiring extensive or complex treatment - Patients with a strong gag reflex - Children who are unable to cooperate for treatment (in conjunction with Dr Aish Kesava)

The specific sedation options available can be discussed at your consultation, as the appropriate approach depends on the procedure, your medical history and your level of anxiety.

Comprehensive Dental Services

Core Dental Epping offers a full spectrum of dental services, from routine preventive care through to complex restorative and cosmetic treatments. Here's a detailed overview of what's available.

Preventive Dentistry

Prevention is the foundation of good oral health, and it's where the team at Core Dental Epping encourages every patient to start. The reality is that most dental problems are preventable — and the earlier they're detected, the simpler, less invasive and less expensive they are to treat.

****Regular check-ups and cleans**** are recommended every six months for most patients. These comprehensive appointments include:

- A thorough examination of your teeth, gums, tongue and oral soft tissues
- Digital X-rays as clinically indicated to detect problems invisible to the naked eye
- Assessment of existing fillings, crowns and other restorations
- Professional cleaning (scale and polish) with hygienist Sina Hassani or one of the dentists
- Oral cancer screening — checking for unusual lumps, patches, sores or colour changes
- Bite and jaw joint assessment
- Personalised oral hygiene advice tailored to your specific needs

For patients who haven't been to the dentist in a while, that first check-up can feel daunting. The team at Core Dental Epping understands this and creates a judgement-free environment focused on getting you back on track, not on what's happened in the past.

****Preventive treatments**** include:

- Fluoride treatments for children and adults at higher risk of decay
- Fissure sealants for children's newly erupted adult molars — one of the most effective preventive measures available
- Custom mouthguards for sport — essential for AFL, rugby, soccer, basketball, cricket, martial arts and any contact activity
- Night splints for teeth grinding (bruxism) — protecting teeth from fracture and excessive wear

Children's Dentistry and the Tooth Fairy Centre

Having a specialist paediatric dentist on-site is one of Core Dental Epping's genuine points of difference — and one that's particularly significant for families in the northern growth corridor, where new schools, childcare centres and young families are concentrated.

Dr Aish Kesava brings specialist training in managing children's dental health from infancy through adolescence. As a registered specialist, Dr Kesava has completed additional years of postgraduate training focused specifically on paediatric dentistry — including child behaviour management, growth and development, dental trauma, and care for children with special needs.

****The Tooth Fairy Centre**** creates a child-friendly environment that helps young patients feel comfortable and even excited about visiting the dentist. The approach is built on building trust before treatment — using tell-show-do techniques, positive reinforcement and age-appropriate communication. Services include:

- First dental visits (recommended from 12 months of age)
- Preventive care including fluoride and fissure sealants
- Management of childhood dental decay
- Dental trauma treatment (knocked-out or broken teeth from falls or sport)
- Habit management (thumb sucking, dummy use, mouth breathing)
- Growth and development monitoring
- Care for children with special needs or complex medical conditions
- Sedation options for anxious or very young children, including happy gas (nitrous oxide)

****Child Dental Benefits Schedule (CDBS):**** Eligible children aged 2 to 17 may receive up to \$1,026 in dental benefits over a two-year period, covering basic services like check-ups, X-rays, fillings, extractions and some other treatments. Core Dental Epping bulk bills under the CDBS, meaning no out-of-pocket costs for covered services for eligible children.

General Restorative Dentistry

When teeth are damaged by decay, trauma or wear, the restorative team at Core Dental Epping can repair them using modern materials and techniques. The practice's philosophy is conservative — preserving as much natural tooth structure as possible while restoring strength and function:

- **Tooth-coloured fillings** — Composite resin fillings that match your natural tooth colour, bonded directly to the tooth for a seamless, strong repair - **Dental crowns** — Full-coverage restorations for significantly damaged teeth, available as same-day CEREC crowns or laboratory-fabricated options in ceramic, zirconia or porcelain-fused-to-metal - **Dental bridges** — Fixed replacements for one or more missing teeth, supported by adjacent natural teeth. An effective alternative to implants in many situations - **Inlays and onlays** — Conservative restorations for moderate damage where a filling isn't enough but a full crown isn't necessary. Often milled same-day with CEREC for a precise, durable repair - **Root canal treatment** — Saving infected or severely damaged teeth by removing the infected nerve tissue and sealing the tooth. Root canal treatment has an undeserved reputation — modern techniques with local anaesthetic make it a comfortable procedure that saves teeth that would otherwise need extraction

Dental Implants

Dental implants are the gold standard for replacing missing teeth. A titanium implant post is surgically placed into the jawbone, where it integrates over several months through a process called osseointegration — creating a stable, permanent foundation for a crown, bridge or denture.

Unlike dentures, which sit on the gum surface, or bridges, which rely on adjacent teeth, implants stand independently and actually help preserve jawbone by providing the stimulation that prevents bone resorption.

At Core Dental Epping, implant treatment is carefully planned using digital imaging and 3D scanning. Complex cases may involve referral to a specialist oral surgeon at the Collins Street Specialist Centre for implant placement, with the final restoration — the visible crown or prosthetic — then completed at the Epping practice.

Implant options include:

- **Single tooth implants** — Replacing one missing tooth with a standalone implant and crown, without affecting adjacent teeth - **Implant-supported bridges** — Replacing multiple adjacent missing teeth with fewer implants than teeth, reducing surgical complexity - **Implant-retained dentures** — Securing a full or partial denture with implant anchors for dramatically improved stability, comfort and confidence. Dental prosthetist Ahmed Saoud works closely with the implant team to design dentures that integrate precisely with implant attachments

Cosmetic Dentistry

A confident smile can make a genuine difference to how you feel in social and professional settings. Whether it's a first impression at a job interview, a presentation at work, or simply feeling comfortable smiling in photographs, the appearance of your teeth plays a significant role.

Core Dental Epping offers a comprehensive range of cosmetic treatments that can be used individually or combined for a complete smile transformation:

- **Teeth whitening** — Professional whitening treatments that deliver results safely and predictably, with options for in-chair and take-home treatment - **Porcelain veneers** — Thin ceramic shells bonded to the front of teeth to improve colour, shape, alignment or spacing. Veneers can dramatically transform a smile in as few as two appointments - **Cosmetic bonding** — Using tooth-coloured composite resin to repair chips, close gaps or reshape teeth. A more conservative and affordable alternative to veneers for suitable cases - **Smile makeovers** — Comprehensive treatment plans combining multiple cosmetic procedures — whitening, veneers, crowns, Invisalign, gum recontouring — for a complete smile transformation tailored to your facial features and personal goals - **Facial**

injectables** — Anti-wrinkle treatments and dermal fillers administered by trained dental professionals who understand facial anatomy at an expert level. Complements dental cosmetic work for a holistic approach to facial aesthetics

Orthodontics and Invisalign

Core Dental Epping is a **Blue Diamond Invisalign Provider**, placing the practice among the highest-tier Invisalign providers in the region. This designation reflects extensive experience with clear aligner treatment — the kind of volume that builds clinical expertise and delivers consistently predictable results.

Invisalign uses a series of custom-made clear plastic aligners to gradually straighten teeth without traditional metal braces. The aligners are virtually invisible when worn, removable for eating and cleaning, and changed every one to two weeks as your teeth progressively shift into alignment.

Invisalign can treat a wide range of orthodontic issues:

- Crowded teeth - Spacing and gaps - Overbite, underbite and crossbite - Open bite - General misalignment

Treatment planning uses digital scanning and 3D simulation — you can see a virtual preview of your predicted result before treatment begins. Invisalign is available for both adults and teens, with Invisalign Teen featuring compliance indicators to help parents monitor wear.

Dentures

Dental prosthetist **Ahmed Saoud** provides comprehensive denture services at Core Dental Epping. Having a dedicated prosthetist on the team means denture patients receive specialist attention from a clinician whose primary focus is the design, fabrication and fitting of removable prosthetics:

- **Full dentures** — Complete upper and/or lower dentures for patients who have lost all their natural teeth. Modern full dentures are designed to look natural and fit comfortably - **Partial dentures** — Replacing some missing teeth while preserving remaining natural teeth. Available in metal framework, flexible and acrylic designs - **Implant-retained dentures** — Combining dentures with implant anchors for dramatically superior stability, chewing ability and confidence. A life-changing option for patients struggling with loose conventional dentures - **Denture repairs and relines** — Adjusting existing dentures for improved fit and comfort. Same-day emergency repairs available where possible - **Immediate dentures** — Placed on the same day as extractions to avoid any period without teeth, then refined as the gums heal

Gum Disease Treatment

Gum disease (periodontal disease) is one of the most common chronic conditions in Australian adults — affecting up to 30% of the adult population — and a leading cause of tooth loss. The challenge with gum disease is that it often progresses silently, with minimal symptoms in the early stages. By the time teeth feel loose or painful, significant bone loss may have already occurred.

The team at Core Dental Epping provides comprehensive gum disease management, from early detection through to ongoing maintenance:

- **Diagnosis and staging** — Periodontal probing, clinical assessment and digital X-rays to determine the type and severity of gum disease - **Professional cleaning** — Removing plaque and calculus (tartar) from above and below the gum line - **Deep cleaning (scaling and root planing)** — Thorough cleaning of root surfaces under local anaesthetic to remove bacteria and toxins - **Ongoing periodontal maintenance** — Regular three to four monthly appointments with hygienist Sina Hassani for patients with a history of gum disease - **Specialist referral** — Complex or advanced cases can be referred to periodontists at the Collins Street Specialist Centre for surgical intervention, bone grafting or guided tissue regeneration

Emergency Dental Care

Dental emergencies don't wait for convenient timing, and when they happen — a sudden toothache, a child's knocked-out tooth at the playground, a cracked tooth biting into something unexpected — you need fast access to professional care.

Core Dental Epping provides emergency dental appointments for:

- Severe toothache that doesn't respond to over-the-counter pain relief - Knocked-out, cracked or broken teeth - Lost fillings or crowns - Dental abscesses and infections - Soft tissue injuries (cut lips, tongue or gums) - Broken dentures

The practice aims to see emergency patients as soon as possible, often on the same day. For children's dental emergencies, having specialist paediatric dentist Dr Aish Kesava on-site is a significant advantage — particularly for traumatic injuries where specialist knowledge of developing teeth and child behaviour management makes a real difference.

Call **(03) 9401 4622** during opening hours if you're experiencing a dental emergency. For after-hours emergencies, contact the national booking line on **13 13 16** for guidance.

Part of the Smile Solutions Group

Core Dental Epping is part of the broader **Smile Solutions Group**, one of Australia's most comprehensive dental organisations. This affiliation provides something genuinely valuable that many standalone suburban practices can't offer: seamless access to a full network of dental specialists.

Based at the **Collins Street Specialist Centre** in Melbourne's CBD, the Smile Solutions specialist team includes:

- **Periodontists** — Specialists in gum disease treatment, gum surgery and implant placement - **Prosthodontists** — Specialists in complex restorative and cosmetic dentistry, including full-mouth rehabilitations - **Endodontists** — Specialists in root canal treatment, particularly for complex or retreatment cases - **Oral surgeons** — Specialists in surgical extractions, wisdom teeth removal, jaw surgery, complex implant cases and bone grafting - **Orthodontists** — Specialists in braces, clear aligners and complex bite correction - **Paediatric dentists** — Additional specialist paediatric care if needed beyond what Dr Kesava provides on-site

The referral process is seamless — your dentist at Core Dental Epping arranges the referral, shares your records and imaging digitally, and coordinates treatment so that everything flows smoothly between the local practice and the specialist centre.

This means you get the warmth, convenience and familiarity of a local suburban practice, backed by the clinical depth and specialist expertise of a major dental centre. It's genuinely the best of both worlds — and it's a significant reason why families across the northern suburbs choose Core Dental Epping as their dental home.

Payment Options and Health Fund Support

Core Dental Epping is committed to making dental care accessible and affordable. Several payment and funding options are available:

Health Fund Claims

HICAPS on-site allows you to claim your health fund rebate on the spot, so you only pay the gap (if any) at the time of your appointment. Core Dental Epping is a **preferred provider** for:

- **HCF** - **CBHS** - **NIB**

Being a preferred provider with these funds typically means lower out-of-pocket costs for members. Patients with other health funds can still claim via HICAPS — the rebate amount will depend on your fund and level of cover.

Interest-Free Payment Plans

For larger treatments like implants, Invisalign, crowns or cosmetic work, ****Payright**** interest-free payment plans are available:

- Plans from ****3 to 30 months**** - Treatments from ****\$1,000 to \$20,000**** - ****No interest**** — you pay only the treatment cost, spread over time - Simple application process with quick approval

This makes it possible to proceed with treatment when you need it, rather than delaying because of upfront cost concerns.

Child Dental Benefits Schedule (CDBS)

Eligible children aged ****2 to 17**** may qualify for up to ****\$1,026** in dental benefits** over a two-year period under the Australian Government's Child Dental Benefits Schedule. Core Dental Epping ****bulk bills**** under CDBS, meaning no out-of-pocket costs for covered services.

Covered services include:

- Examinations - X-rays - Cleaning - Fluoride treatment - Fissure sealants - Fillings - Extractions - Root canal treatment on primary (baby) teeth

To check your child's eligibility, contact Medicare or ask the team at Core Dental Epping when you book.

Choosing the Right Dentist for Your Family

With several dental practices in the Epping area, how do you choose the right one? Here are some factors worth considering:

****Team breadth:**** Can the practice handle your whole family's needs — from a toddler's first visit to Grandma's dentures? Core Dental Epping's team of general dentists, a specialist paediatric dentist, a dental prosthetist and a hygienist means most treatment needs can be met under one roof.

****Technology:**** Modern dental technology makes a tangible difference to your experience. CEREC same-day crowns eliminate the need for temporaries and second visits. Digital scanning replaces uncomfortable impression trays. Laser dentistry enables minimally invasive soft tissue procedures. These aren't luxuries — they're tools that save you time, reduce discomfort and improve outcomes.

****Specialist access:**** Can your dentist refer you to specialists easily if needed? Core Dental Epping's connection to the Smile Solutions Group means specialist care is a phone call away, not a weeks-long search.

****Accessibility:**** Consider opening hours (weekday evenings? Saturdays?), location, parking, public transport access and whether the practice is welcoming to patients with disabilities or additional needs.

****Payment options:**** Quality dental care should be accessible. Health fund preferred provider status, HICAPS on-site, interest-free payment plans and CDBS bulk billing all help manage costs.

****Languages:**** In a multicultural community like Epping, being able to communicate comfortably in your preferred language matters. Core Dental Epping offers care in English and Spanish.

What to Expect at Your First Visit

If you're new to Core Dental Epping, here's what a typical first appointment looks like:

Before Your Appointment

- **Book online or by phone** — Call (03) 9401 4622 or the national line on 13 13 16 - **Arrive a few minutes early** to complete any new patient paperwork - **Bring your health fund card** if you have one - **Bring your Medicare card** if you're claiming under the CDBS for children - **Let the team know** about any medical conditions, medications or allergies

During Your Appointment

1. **Medical and dental history review** — Your dentist will ask about your general health, any medications you take, and your dental history 2. **Comprehensive examination** — A thorough check of your teeth, gums, bite, jaw joints and oral soft tissues 3. **Diagnostic imaging** — Digital X-rays and/or scans as needed to assess areas that aren't visible to the naked eye 4. **Discussion and treatment planning** — Your dentist will explain their findings, discuss any treatment options and answer your questions 5. **Professional clean** — If appropriate, a scale and polish may be completed at the same visit 6. **Oral hygiene guidance** — Tips and techniques tailored to your specific needs

After Your Appointment

- You'll receive a clear treatment plan with costs before any treatment begins - The team will help you schedule follow-up appointments if needed - HICAPS claims are processed on the spot - Payment plan options can be discussed with the front desk team

Your Dental Health Journey: Ages and Stages

Dental needs change throughout life. Here's a brief overview of what to focus on at each stage:

Babies and Toddlers (0–3 years)

- First dental visit by 12 months - Begin brushing with the first tooth - Avoid putting babies to bed with a bottle of milk or juice - Use a smear of low-fluoride toothpaste on a soft infant brush

Children (4–12 years)

- Regular six-monthly check-ups with Dr Aish Kesava - Fissure sealants on newly erupted permanent molars - Custom mouthguards for sport - Monitor habits (thumb sucking, mouth breathing) - Orthodontic assessment by age seven - Take advantage of CDBS bulk billing

Teenagers (13–17 years)

- Orthodontic treatment (Invisalign Teen or referral to specialist orthodontists) - Wisdom tooth monitoring - Sports mouthguards (essential at this age) - Reinforcement of good oral hygiene habits - Continued CDBS eligibility

Adults (18–64 years)

- Regular check-ups and professional cleaning - Cosmetic treatments (whitening, veneers, Invisalign) - Management of wear, grinding and stress-related dental issues - Gum disease prevention and early intervention - Replacement of old or failing restorations - Facial injectables for those interested in complementary aesthetic treatments

Older Adults (65+ years)

- Management of dry mouth (often medication-related) - Denture services and implant-retained denture options - Oral cancer screening (risk increases with age) - Management of root surface decay (a common issue as gums recede with age) - Maintaining natural teeth as long as possible - Review of medications that affect oral health - Management of worn or failing restorations placed decades ago

Core Dental Epping's team breadth — general dentists, a specialist paediatric dentist, a dental prosthetist and a hygienist — means the practice can genuinely serve every member of the family, regardless of age or dental complexity.

Tips for Maintaining Good Oral Health

Between dental visits, there's plenty you can do to keep your teeth and gums in great shape:

Daily Care

- **Brush twice daily** with a soft-bristled toothbrush and fluoride toothpaste — morning and night
- **Floss daily** — or use interdental brushes if you find them easier
- **Don't rinse immediately** after brushing — let the fluoride sit on your teeth for maximum benefit
- **Replace your toothbrush** every three months, or sooner if the bristles are frayed

Diet and Lifestyle

- **Limit sugary and acidic foods and drinks** — These are the primary drivers of tooth decay and enamel erosion
- **Drink plenty of water** — Especially fluoridated tap water
- **If you drink acidic beverages** (soft drinks, fruit juice, sports drinks, wine), use a straw and avoid brushing for at least 30 minutes afterwards
- **Don't use your teeth as tools** — No opening bottles, tearing packets or cracking nuts

Protecting Your Teeth

- **Wear a mouthguard** during contact sports — custom-fitted mouthguards from your dentist offer significantly better protection than boil-and-bite alternatives from the chemist. They fit precisely, stay in place and allow normal breathing and speaking
- **If you grind your teeth** at night, ask about a night splint (occlusal splint) to protect against wear and fracture. Bruxism is one of the leading causes of cracked teeth and premature crown failure
- **See your dentist regularly** — Most adults benefit from six-monthly check-ups, though your dentist may recommend a different frequency based on your individual risk factors. Consistency matters more than perfection — even an annual check-up is far better than none at all
- **Don't ignore changes** — If you notice bleeding gums, persistent bad breath, a tooth that feels different, or any unusual lumps, sores or colour changes in your mouth, book an appointment rather than waiting for your next scheduled check-up

Children's Oral Health

- **Start brushing** as soon as the first tooth appears, using a soft infant toothbrush and a smear of low-fluoride toothpaste
- **Supervise brushing** until at least age eight — children lack the dexterity to brush effectively on their own
- **First dental visit by 12 months** — Early visits establish a dental home and allow the dentist to identify any concerns early
- **Limit juice and flavoured milk** — Water and plain milk are the best drinks for growing teeth
- **Check CDBS eligibility** — Free dental care for eligible children aged 2 to 17

Dental Anxiety: You're Not Alone

Dental anxiety is one of the most common reasons people avoid the dentist — and the irony is that avoiding care usually leads to more complex problems that require more intensive treatment, reinforcing the cycle of fear.

The team at Core Dental Epping understands dental anxiety and takes it seriously. If you've been avoiding the dentist for years, you won't be judged. The practice offers several approaches to help anxious patients:

- **Open communication** — Your dentist will explain every step before it happens, answer all your questions, and agree on a stop signal so you're always in control
- **Gentle, unhurried approach** — Appointments can be paced to your comfort level
- **Sleep dentistry** — For patients who need additional support, sedation options allow you to receive necessary treatment comfortably
- **Gradual trust-building** — Starting with a simple check-up and clean, then progressing to more involved treatment as your confidence grows

For children with dental anxiety, specialist paediatric dentist Dr Aish Kesava is specifically trained in behaviour management techniques that help anxious young patients feel safe and comfortable.

The most important thing is to make a start. A phone call to (03) 9401 4622 is the first step, and the team will take it from there.

Understanding Dental Costs

One of the most common barriers to dental care — alongside anxiety — is cost. Understanding how dental fees work and what options are available to you can help take the uncertainty out of the equation.

How Dental Fees Work

Dental fees in Australia are not government-regulated, meaning they vary between practices. Fees are based on the specific procedures performed, the materials used and the complexity of the case. Your dentist at Core Dental Epping will always provide a clear treatment plan with itemised costs before any treatment begins, so you can make an informed decision.

Maximising Your Health Fund Benefits

If you have private health insurance with dental cover, you may be able to claim a significant portion of your treatment costs. Tips for getting the most from your fund:

- ****Check your annual limits**** — Most funds have annual limits for general dental (check-ups, fillings, extractions) and major dental (crowns, implants, orthodontics) - ****Use preferred providers**** — Core Dental Epping is a preferred provider for HCF, CBHS and NIB, which typically means lower out-of-pocket costs for members - ****Don't waste your benefits**** — Unused annual benefits don't roll over. If you have unused cover approaching your renewal date, it's worth booking a check-up - ****Understand waiting periods**** — New health fund members may have waiting periods before they can claim on certain treatments

Planning for Larger Treatments

For treatments like implants, Invisalign, crowns or cosmetic work, costs can be significant. Payright interest-free payment plans (3 to 30 months, \$1,000 to \$20,000) allow you to proceed with treatment when you need it, rather than delaying and potentially allowing problems to worsen.

The team at Core Dental Epping can also help you stage treatment over multiple health fund benefit periods to maximise your rebates — for example, having some preparatory work done before your annual limit resets and completing the treatment after.

Frequently Asked Questions

How often should I visit the dentist?

Most adults and children benefit from a dental check-up and clean every six months. However, some patients — particularly those with gum disease, a history of frequent decay, or certain medical conditions — may benefit from more frequent visits. Your dentist will recommend the right schedule for you.

Does Core Dental Epping treat children?

Yes. In fact, Core Dental Epping has a specialist paediatric dentist, Dr Aish Kesava, on-site. This is relatively uncommon in suburban dental practices and means your child has access to specialist-level care without needing a referral to a separate location.

What should I do in a dental emergency?

Call Core Dental Epping on ***(03) 9401 4622*** as soon as possible during opening hours. The team will do their best to see you on the same day. If a tooth has been knocked out, keep it moist (ideally in milk or saliva) and get to the practice within 30 minutes for the best chance of saving it.

Do you offer payment plans?

Yes. Payright interest-free payment plans are available for treatments from \$1,000 to \$20,000, with terms from 3 to 30 months. This allows you to spread the cost of treatment without paying interest.

Can I claim my health fund on the spot?

Yes. HICAPS is available on-site, so you can swipe your health fund card and pay only the gap at the time of your appointment. Core Dental Epping is a preferred provider for HCF, CBHS and NIB.

Is the practice accessible by public transport?

Yes. Epping Station is approximately a 10-minute walk from the practice, and several bus routes service nearby High Street. There is also ample parking available for those driving.

Do you offer same-day crowns?

Yes. Core Dental Epping uses CEREC technology to design, mill and fit high-quality ceramic crowns in a single appointment — no temporaries, no second visit.

What languages are spoken at the practice?

The team provides care in English and Spanish. Dr Maria Blanchard is fluent in Spanish.

Can you see patients from outside Epping?

Absolutely. While most patients come from Epping and the surrounding suburbs — South Morang, Mill Park, Lalor, Thomastown and Wollert — the practice welcomes patients from anywhere. Some patients travel from further afield because of specific services like CEREC same-day crowns, specialist paediatric dentistry or the Invisalign Blue Diamond provider status.

Do you offer sleep dentistry?

Yes. Sleep dentistry (sedation dentistry) options are available for patients with dental anxiety or those undergoing extensive treatment. The specific sedation approach depends on the procedure, your medical history and your level of anxiety — your dentist will discuss the most appropriate option at your consultation.

What's the difference between a general dentist and a specialist?

General dentists (like Dr Soltys, Dr Balthazaar, Dr Ghobrial and Dr Blanchard) provide a comprehensive range of dental treatments. Specialists (like paediatric dentist Dr Aish Kesava) have completed additional years of postgraduate training in a specific area of dentistry. Core Dental Epping is unusual in having both general dentists and a specialist under one roof, plus access to further specialists through the Collins Street Specialist Centre.

How do I book an appointment?

You can book by calling (03) 9401 4622 directly, using the national booking line on 13 13 16, or emailing epping@coredental.com.au. The front desk team, led by practice coordinator Kirsty Logan, will help you find a convenient time and match you with the right clinician for your needs.

Do I need a referral to see the paediatric dentist?

No referral is needed. You can book directly with Dr Aish Kesava for children's dental appointments. If your child has been seeing one of the general dentists and would benefit from specialist paediatric care, an internal referral is seamless.

What if I haven't been to the dentist in years?

You're welcome, and you're not alone. Many patients at Core Dental Epping haven't been to the dentist in years — sometimes decades. The team provides a judgement-free environment focused on assessing where things stand and creating a realistic plan to get your oral health back on track. There's no lecture, just a pathway forward.

What age should my child first visit the dentist?

The Australian Dental Association recommends a child's first dental visit by 12 months of age, or within six months of the first tooth appearing. Early visits help establish good habits and allow the dentist to monitor development.

The Core Dental Epping Difference: A Summary

Choosing a dental practice is a long-term decision. Here's a summary of what makes Core Dental Epping a standout choice for families in Melbourne's northern suburbs:

| Feature | Core Dental Epping | |-----|-----| | ****General dentists**** | Dr Soltys, Dr Balthazaar, Dr Ghobrial, Dr Blanchard | | ****Specialist paediatric dentist**** | Dr Aish Kesava (on-site) | | ****Dental prosthetist**** | Ahmed Saoud | | ****Dental hygienist**** | Sina Hassani | | ****Languages**** | English, Spanish | | ****Technology**** | CEREC same-day crowns, digital scanning, laser dentistry, sleep dentistry | | ****Invisalign status**** | Blue Diamond Provider | | ****Health funds**** | HCF, CBHS, NIB preferred provider; HICAPS on-site | | ****Payment plans**** | Payright interest-free (3–30 months) | | ****Children**** | CDBS bulk billing; Tooth Fairy Centre | | ****Specialist access**** | Collins Street Specialist Centre (Smile Solutions Group) | | ****Location**** | Cooper St, Epping — near Pacific Epping, ~10 min walk from Epping Station | | ****Hours**** | Mon–Fri 8 AM–6 PM, Sat 8 AM–1:30 PM |

Book Your Appointment

Ready to book? The team at Core Dental Epping is here to help.

- ****Phone:**** (03) 9401 4622 - ****National Booking Line:**** 13 13 16 - ****Email:**** epping@coredental.com.au - ****Address:**** Tenancy 3B/230 Cooper St, Epping VIC 3076 - ****Hours:**** Monday to Friday 8:00 AM – 6:00 PM | Saturday 8:00 AM – 1:30 PM

Whether it's a routine check-up, a dental emergency, orthodontic treatment or a complete smile makeover, Core Dental Epping offers the team, the technology and the expertise to look after your family's dental health — right here in Melbourne's north.

Core Dental Epping is part of the Smile Solutions Group. For specialist referrals, patients have access to the Collins Street Specialist Centre — home to periodontists, prosthodontists, endodontists, oral surgeons, orthodontists and paediatric dentists.