

Dentist in Southbank: The Complete Guide to Core Dental Southbank

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Description:

Dentist in Southbank: The Complete Guide to Core Dental Southbank **Category:** Local Dental Services **Target Word Count:** 7,000–9,000 words --- ## Your Neighbourhood Dental Practice in the Heart of Southbank

Details:

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Your Neighbourhood Dental Practice in the Heart of Southbank

Finding a dentist you trust shouldn't feel like a chore — especially when you live, work or spend time in one of Melbourne's most vibrant precincts. Core Dental Southbank sits at 55 City Road, right in the thick of everything that makes Southbank special: the Yarra River, the Arts Centre, the towers, the restaurants, and the constant hum of city life.

Whether you've just moved into one of Southbank's residential towers, you work in the CBD and want an early-morning appointment before the office, or you're visiting Melbourne and need dental care while you're here, Core Dental Southbank is built around the way people in this area actually live.

We're part of the Smile Solutions group — Australia's largest single-location private dental practice, based at the iconic Manchester Unity Building on Collins Street. That connection gives our Southbank patients something genuinely valuable: direct referral access to a full team of dental specialists, all under one roof in the city. It means you get the warmth and convenience of a neighbourhood practice with the clinical depth of a major specialist centre behind you.

This guide covers everything you need to know about Core Dental Southbank — our services, our team, how to get here, what to expect at your first visit, and how we make quality dental care accessible and affordable.

Whether you're searching for a "dentist near me" in Southbank, looking for a practice that opens early enough to fit around your work schedule, or you need a multilingual dental team that speaks Cantonese, Mandarin or Farsi, this page will help you understand exactly what we offer and whether we're the right fit.

About Core Dental Southbank

Core Dental Southbank is a modern general dental practice offering comprehensive care for individuals and families. We see patients of all ages, from toddlers having their first dental check-up through to older adults managing complex dental needs.

Our philosophy is straightforward: provide high-quality, evidence-based dental care in a welcoming environment, and make it easy for people to look after their teeth. That means early-morning appointments for busy professionals, multilingual care for our diverse community, and transparent pricing so you always know where you stand.

Part of the Smile Solutions Group

Core Dental Southbank operates as part of the Smile Solutions network, which is anchored by the Smile Solutions practice at the Manchester Unity Building — a Collins Street landmark that houses Australia's largest single-location private dental practice.

What does that mean for you as a patient?

- **Specialist referrals when you need them.** If your treatment requires specialist expertise — whether that's a periodontist for advanced gum disease, a prosthodontist for complex restorative work, an endodontist for difficult root canals, an oral surgeon for extractions or implant placement, an orthodontist, or a paediatric dentist — we can refer you directly to the Collins Street Specialist Centre. No hunting around for a specialist, no long waits for external referrals.

- **Continuity of care.** Your records, X-rays and treatment history are accessible across the group, so when you see a specialist, they already have the full picture.

- **Proven clinical standards.** The protocols, materials and equipment we use at Core Dental Southbank reflect the same standards maintained across the Smile Solutions group.

- **Professional development.** Our dentists have access to the continuing education, mentoring and peer support that comes with being part of a large, established dental group. This keeps clinical skills current and ensures our patients benefit from up-to-date treatment approaches.

This model is genuinely unusual in Australian dentistry. Most general practices refer out to specialists they may or may not have a relationship with. At Core Dental Southbank, the referral pathway is direct, streamlined and built into how we work.

Our Full Range of Dental Services

Core Dental Southbank provides a comprehensive scope of general and cosmetic dental services. Here's an overview of what we offer:

Preventive Dentistry

Prevention is the foundation of everything we do. Regular check-ups and professional cleans are the most effective way to avoid costly and uncomfortable dental problems down the track. At Core Dental Southbank, we take a proactive approach — identifying issues in their earliest stages, when they're simplest and least expensive to address.

- **Comprehensive dental examinations** — thorough assessment of your teeth, gums, jaw joints, bite and oral tissues, performed by experienced general dentists who take the time to explain their findings - **Digital X-rays** — low-radiation imaging to detect issues not visible to the naked eye, including decay between teeth, bone loss, cysts and other hidden pathology - **Oral cancer screening** — included as part of every routine examination. Your dentist checks the tongue, cheeks, palate, floor of the mouth and soft tissues for any abnormalities. Early detection saves lives. - **Professional cleaning (scale and clean)** — removal of plaque and tartar buildup above and below the gumline using ultrasonic and hand instruments, followed by polishing - **Fluoride treatments** — additional protection for patients at higher risk of decay, including children, those with dry mouth, and patients undergoing orthodontic treatment - **Fissure sealants** — protective coatings for children's molars to prevent decay in the deep grooves of teeth. Quick, painless and highly effective - **Dietary and oral hygiene advice** —

personalised guidance to support your home care routine, including brushing technique, flossing tips and recommendations for specific products suited to your needs

We offer early-morning appointments from 8:00 am Monday to Friday, making it easy to fit a check-up in before work. Our Saturday hours (8:00 am to 1:30 pm) provide an additional option for patients who prefer weekend appointments.

General Dentistry

When treatment is needed, our general dentists provide a full range of restorative and therapeutic services. We use high-quality materials, modern techniques and clear communication to ensure you understand your options and feel confident in the treatment you receive.

- ****Fillings**** — tooth-coloured composite resin restorations that blend seamlessly with your natural teeth. We match the shade precisely for an invisible result - ****Root canal treatment (endodontics)**** — saving infected or damaged teeth from extraction. For complex cases involving curved canals, retreatments or microsurgery, specialist referral to endodontists at the Collins Street Specialist Centre is available - ****Extractions**** — simple and surgical removal of teeth, including wisdom teeth assessment and removal. For complex or impacted wisdom teeth, we refer to oral surgeons at the Collins Street Specialist Centre - ****Dental crowns**** — full-coverage restorations to protect and strengthen damaged teeth. We offer a range of materials including porcelain, zirconia and porcelain-fused-to-metal, as well as CEREC same-day crowns for eligible cases - ****Dental bridges**** — fixed prosthetic replacements for missing teeth, anchored to the teeth on either side of the gap - ****Dentures**** — full and partial removable prostheses, including acrylic, cobalt chrome and implant-retained options. We work with quality dental laboratories to ensure a comfortable fit and natural appearance - ****Gum disease treatment**** — scaling and root planing (deep cleaning), periodontal assessment and charting, and referral to periodontists when required for advanced cases - ****Mouthguards**** — custom-fitted sports mouthguards for adults and children, available in a range of colours and providing far superior protection to boil-and-bite alternatives - ****Night splints and occlusal splints**** — custom-fitted appliances for teeth grinding (bruxism) and TMJ disorders, protecting your teeth from wear and relieving jaw pain

Cosmetic Dentistry

Looking to improve the appearance of your smile? Whether it's a single chipped tooth, persistent staining, or a complete smile transformation, our cosmetic services can help you feel confident about the way your teeth look.

- ****Teeth whitening**** — both in-chair whitening for immediate results and custom take-home whitening kits for gradual, controlled brightening at your own pace. Your dentist will advise on the best approach based on the type and severity of discolouration - ****Porcelain veneers**** — ultra-thin shells of dental porcelain bonded to the front surfaces of teeth to correct shape, colour, alignment and minor spacing issues. Veneers provide a dramatic cosmetic improvement with minimal tooth preparation - ****Cosmetic bonding**** — direct composite resin application to repair chips, close small gaps, reshape uneven teeth and mask discolouration. Bonding is a cost-effective, single-visit option for many cosmetic concerns - ****Smile makeovers**** — comprehensive cosmetic treatment planning that may combine whitening, veneers, bonding, crowns and other procedures to achieve a complete smile transformation. Your dentist will work with you to design a result that suits your face, your personality and your goals

Invisalign and Orthodontics

Core Dental Southbank is a ****Blue Diamond Invisalign Provider**** — a status earned through the volume and quality of Invisalign cases treated across the Smile Solutions group. This means our dentists have extensive experience with the Invisalign system and access to the full range of Invisalign treatment options.

Invisalign is particularly popular with Southbank's professional population. The clear aligners are virtually invisible, removable for eating and cleaning, and don't require the dietary restrictions or maintenance challenges of traditional braces.

We offer Invisalign for adults and teens, with treatment plans tailored to a wide range of orthodontic concerns — from mild crowding to more complex bite issues.

For patients requiring specialist orthodontic care, we can refer to orthodontists at the Collins Street Specialist Centre.

Dental Implants

Dental implants are the gold standard for replacing missing teeth. They look, feel and function like natural teeth, and with proper care, they can last a lifetime.

At Core Dental Southbank, we provide implant consultations, treatment planning and restorative components (the crown or bridge that sits on top of the implant). For the surgical placement of the implant itself, we refer to oral surgeons and specialist prosthodontists at the Collins Street Specialist Centre, ensuring the procedure is performed by clinicians with advanced surgical training.

We also offer information and referral pathways for All-on-4 implant solutions — a full-arch replacement option for patients who have lost most or all of their teeth.

Children's Dentistry

We welcome children from around age two for their first dental visit. Early visits help children become comfortable with the dental environment, allow us to monitor development, and give parents guidance on caring for young teeth.

Our children's services include:

- Gentle examinations and age-appropriate X-rays
- Fluoride treatments
- Fissure sealants
- Fillings and extractions when necessary
- Monitoring of jaw growth and tooth development
- Referral to specialist paediatric dentists for complex cases or children with high dental anxiety

****Child Dental Benefits Schedule (CDBS):**** We bulk bill eligible children aged 2–17 under the CDBS, which provides up to \$1,026 in dental benefits over a two-year period. This covers examinations, X-rays, cleaning, fillings, root canals, extractions and some other services. Check with Medicare or our reception team to confirm your child's eligibility.

Emergency Dental Care

Dental emergencies don't wait for a convenient time. Whether it's a knocked-out tooth, a broken filling, severe toothache or a dental abscess, we offer same-day emergency appointments wherever possible.

Common emergencies we treat include:

- Severe toothache and dental pain
- Knocked-out, broken or chipped teeth
- Lost fillings or crowns
- Dental abscesses and facial swelling
- Soft tissue injuries (cuts to gums, lips, tongue)
- Orthodontic emergencies (broken retainers, aligner issues)

If you're experiencing a dental emergency during our opening hours, call us on ****(03) 8547 0780**** or walk in to our City Road practice. We'll do our best to see you promptly. For emergencies outside our hours, we provide guidance on pain management and interim care, and prioritise your appointment when we next open.

For complex emergencies requiring surgical intervention, we can refer directly to oral surgeons and other specialists at the Collins Street Specialist Centre.

Meet the Core Dental Southbank Team

Our team brings together a mix of experience, clinical interests and language skills that reflects the diversity of the Southbank community.

Our Dentists

****Dr Anchal Verma**** Dr Anchal Verma is a general dentist at Core Dental Southbank with a focus on providing thorough, patient-centred care. She takes the time to explain treatment options clearly and works with patients to develop plans that suit their individual needs and circumstances. Dr Verma is committed to preventive dentistry and believes that education is just as important as treatment — she wants her patients to understand their oral health and feel empowered to maintain it between visits.

****Dr Jacalyn Madden**** Dr Jacalyn Madden brings a calm and methodical approach to her clinical work. She is experienced across a broad range of general dental treatments and has a particular interest in preventive care and helping patients maintain long-term oral health. Her thorough, unhurried manner is appreciated by patients who want to feel fully informed about their treatment options and the reasoning behind recommendations.

****Dr Shakiba Askary**** Dr Shakiba Askary is a general dentist who is fluent in Farsi, providing an important language option for Southbank's Persian-speaking community. She is committed to creating a comfortable experience for patients of all backgrounds and understands the difference that communicating in a patient's first language can make — particularly when explaining treatment options, managing anxiety, or discussing complex procedures.

****Dr Joanne Ong**** Dr Joanne Ong speaks Cantonese and Mandarin in addition to English, making her a popular choice for Southbank's large Chinese-speaking community. She provides comprehensive general dental care with a warm and approachable manner. Dr Ong's multilingual skills are especially valued by international visitors and recent arrivals who may not yet be confident discussing health matters in English.

****Dr Sally Joseph**** Dr Sally Joseph is an experienced general dentist with a broad clinical skill set. She is known for her friendly chairside manner and her ability to put nervous patients at ease. Dr Joseph understands that dental anxiety is common and takes a gentle, patient approach that helps even the most apprehensive patients feel comfortable in the chair.

Practice Coordinator

****Shontelle Clinch — Practice Coordinator**** Shontelle manages the day-to-day operations at Core Dental Southbank and is your first point of contact for appointments, billing queries and general enquiries. She ensures the practice runs smoothly and that every patient has a positive experience from the moment they walk in.

Languages Spoken

Our team speaks ****English, Cantonese, Mandarin and Farsi****. If language is a barrier to dental care for you or someone you know, please let us know when booking — we'll match you with the right clinician wherever possible.

Location, Transport and Getting Here

Our Address

****Core Dental Southbank**** 55 City Road, Southbank VIC 3006

We're located on City Road, one of Southbank's main arterial streets, just steps from the Yarra River, Eureka Tower, Crown Casino, the Melbourne Arts Centre and the National Gallery of Victoria (NGV).

Public Transport

Southbank is one of Melbourne's most accessible suburbs, with excellent public transport connections. You can reach us from virtually anywhere in Melbourne without needing a car.

- ****Flinders Street Station**** — Melbourne's main train hub is a short walk across the Yarra River. All metropolitan train lines pass through Flinders Street, making Core Dental Southbank reachable from the eastern suburbs, the west, the north, the south-east corridor and the Mornington Peninsula line. It's approximately a 10-minute walk from the station to our practice on City Road.

- ****Tram routes on St Kilda Road**** — Multiple tram routes run along St Kilda Road, just a few minutes' walk from our practice. Routes servicing this corridor connect Southbank to the CBD, St Kilda, South Melbourne, Prahran, Windsor and beyond. St Kilda Road is one of Melbourne's busiest tram corridors, with services running frequently throughout the day.

- ****City Road and Clarendon Street trams and buses**** — Additional public transport options run along City Road and nearby Clarendon Street, providing connections to South Melbourne, Port Melbourne and the broader inner south.

- ****Free City Circle Tram**** — The free tourist tram passes through nearby Flinders Street, making us accessible to visitors staying in city hotels.

Driving and Parking

If you're driving, City Road is accessible from the West Gate Freeway, Kings Way and the Bolte Bridge, making it straightforward to reach from both the western suburbs and the eastern corridor.

Parking options include:

- ****Street parking**** — Metered parking is available on City Road and surrounding streets. Check signage for time limits and meter requirements. Short-stay parking (one to two hours) is usually sufficient for a dental appointment. - ****Multi-level car parks**** — Several commercial car parks operate in the Southbank precinct, including at Crown Entertainment Complex and various arts and entertainment venues along Sturt Street and Southbank Boulevard. - ****Early-bird parking**** — For patients with early-morning appointments, several nearby car parks offer early-bird rates for vehicles entering before 9:30 am.

For Southbank Residents

If you live in one of Southbank's many residential towers — along City Road, Southbank Boulevard, Kavanagh Street or the surrounding streets — Core Dental Southbank is likely within walking distance. Having a dentist you can walk to is a genuine convenience, especially for families with young children or anyone managing ongoing treatment that requires multiple visits.

The Southbank Lifestyle and Your Dental Health

Southbank is a unique suburb. It's one of the most densely populated areas in Australia, with a population that skews young, professional and internationally diverse. The lifestyle here — apartment living, busy work schedules, frequent dining out, proximity to entertainment and arts — shapes how people approach their health, including dental care.

We've observed some patterns among our Southbank patients that are worth noting:

- **Frequent coffee and wine consumption** — Southbank's café and restaurant culture is wonderful, but coffee, red wine and tea are the most common culprits for tooth staining. Regular professional cleaning helps manage staining, and we offer whitening options for patients who want a brighter result.
- **Stress-related grinding** — CBD professionals and high-pressure workers often grind their teeth at night without realising it. We see a significant number of patients with worn tooth surfaces, cracked teeth and jaw pain related to bruxism. A custom night splint can protect your teeth while you sleep.
- **Irregular eating patterns** — Busy professionals who skip meals and then graze throughout the afternoon, or who rely on sugary snacks and energy drinks to get through the day, expose their teeth to prolonged acid attacks. Our dentists can provide practical dietary advice tailored to your lifestyle.
- **International patients with different dental histories** — Many Southbank residents have moved to Melbourne from overseas and may have had dental care in countries with different clinical standards or approaches. We welcome international patients and take the time to understand your dental history and current needs.

Dental Care for CBD Professionals

A significant portion of our patients are professionals who work in the Melbourne CBD and surrounding precincts. We've designed our practice with this in mind:

- **8:00 am start times** — Book an appointment before work and be at your desk by 9:00 am. Our Monday-to-Friday morning availability means you don't need to take time off for routine dental care.
- **Saturday appointments** — We're open Saturday 8:00 am to 1:30 pm for appointments that don't fit the working week.
- **Efficient scheduling** — We respect your time. Appointments start on schedule wherever possible, and we'll give you a realistic estimate of how long your visit will take.
- **Invisalign for professionals** — Clear aligners are popular with our professional patients for a reason: they're discreet, they don't affect your speech in meetings, and they don't require dietary changes for business lunches.
- **Proximity to the CBD** — Southbank sits immediately across the Yarra from the CBD. Whether you're based on Collins Street, Bourke Street, Flinders Lane or in the Docklands, Core Dental Southbank is a short walk, tram ride or drive away.
- **Comprehensive care** — When you do take time for dental care, we make it count. We'll combine services where appropriate — for example, an examination, X-rays and a clean in a single visit — so you get maximum value from each appointment.

Dental Care for International Visitors

Melbourne's Southbank precinct attracts visitors from around the world — whether for business, tourism, events at the Melbourne Convention and Exhibition Centre, or performances at the Arts Centre. If you need dental care while visiting Melbourne, Core Dental Southbank is well equipped to help.

- **Multilingual team** — We have dentists who speak Cantonese, Mandarin and Farsi, in addition to English. This makes a real difference when you're discussing symptoms, treatment options or aftercare instructions in a foreign country.
- **Same-day emergency appointments** — If you have a dental emergency while visiting, call us for a same-day appointment. We understand that dental problems don't respect travel itineraries.
- **Clear pricing** — We'll explain costs upfront so there are no

surprises, regardless of your insurance arrangements. We can provide quotes in writing before proceeding with treatment. - **Comprehensive records** — We can provide detailed treatment summaries, X-ray copies and clinical photographs for you to take to your regular dentist at home, ensuring continuity of care when you return. - **Travel dental kits** — If you're in Melbourne for an extended stay and want to ensure your oral care is covered, we can provide guidance on maintaining your routine while travelling and recommend any products you might need.

Southbank's proximity to major hotels, the Convention Centre and transport hubs makes Core Dental Southbank a convenient choice for visitors. We're accustomed to seeing patients who may not return for follow-up, and we plan treatment accordingly — providing definitive care wherever possible in a single visit or short series of appointments.

Dental Care for Apartment Dwellers

Southbank has one of the highest population densities in Australia, with thousands of residents living in high-rise apartment buildings along City Road, Southbank Boulevard, Sturt Street, Kavanagh Street and beyond. Many of these residents are young professionals, students, international students, couples and small families.

Living in an apartment means you value convenience — and having a dental practice within walking distance of your building is a genuine benefit:

- **No driving required** — Walk to your appointment and walk home. No parking hassles, no traffic stress. For many Southbank residents, we're a five-minute walk from your front door. - **Family-friendly scheduling** — Saturday appointments and early-morning weekday times work for families juggling school, work and childcare. Book the whole family in on a Saturday morning and have it done in one trip. - **A practice that knows the community** — We see a lot of Southbank apartment residents. We understand the lifestyle, the demographics and the specific dental needs of this community, and we're set up to make dental care fit into it seamlessly. - **Emergency access** — If you or your child has a dental emergency, we're just around the corner. There's real peace of mind in knowing your dentist is within walking distance when something goes wrong. - **New resident welcome** — If you've just moved to Southbank — whether from interstate, overseas or another part of Melbourne — we make it easy to establish with a new dentist. Bring any records or X-rays from your previous practice, and we'll take it from there.

How Specialist Referrals Work

One of the genuine advantages of being a Core Dental practice is the seamless referral pathway to specialists at the Collins Street Specialist Centre at the Manchester Unity Building.

Here's how it works in practice:

1. **Assessment at Core Dental Southbank** — Your general dentist examines you, takes any necessary X-rays or scans, and determines whether your treatment needs go beyond general dentistry.
2. **Discussion with you** — Your dentist explains why a specialist referral is recommended, what the specialist will do, and what to expect in terms of process, timeline and cost.
3. **Direct referral** — Your dentist refers you directly to the appropriate specialist at the Collins Street Specialist Centre. Your records, X-rays and treatment notes are shared so the specialist has full context before you arrive.
4. **Specialist consultation and treatment** — You attend the specialist at the Manchester Unity Building on Collins Street (easily accessible from Southbank by tram, train or a short walk). The

specialist carries out the required treatment.

5. **Follow-up at Core Dental Southbank** — After specialist treatment, you return to Core Dental Southbank for ongoing care, monitoring and any follow-up work. Your general dentist stays involved throughout.

Specialists Available Through the Collins Street Specialist Centre

- **Periodontists** — Treatment of advanced gum disease, gum surgery, bone grafting -
Prosthodontists — Complex restorative work, implant planning, full-mouth rehabilitation -
Endodontists — Complex root canal treatments, retreatments, microsurgery - **Oral surgeons** —
Surgical extractions, wisdom teeth removal, implant placement, jaw surgery - **Orthodontists** —
Complex orthodontic treatment, surgical orthodontics - **Paediatric dentists** — Children with complex dental needs, high anxiety, special needs or medical conditions

This referral network is one of the most significant differences between Core Dental Southbank and a standalone general practice. You get the best of both worlds: a local practice that knows you, backed by a specialist centre when you need it.

Technology and Facilities

Core Dental Southbank is equipped with modern dental technology to support accurate diagnosis and effective treatment:

- **Digital X-rays** — High-resolution imaging with significantly lower radiation exposure compared to traditional film X-rays. Images are available instantly on screen for discussion with your dentist.

- **Intraoral cameras** — Small cameras that capture detailed images inside your mouth, helping your dentist explain findings and treatment options visually.

- **Modern sterilisation** — All instruments are sterilised to the highest Australian standards, with validated sterilisation cycles and documented protocols.

- **Comfortable treatment rooms** — Designed for patient comfort with ergonomic dental chairs and a calm, contemporary environment.

- **CEREC same-day crowns** — For eligible crown cases, our CEREC technology allows crowns to be designed, milled and fitted in a single appointment. A digital scan replaces messy impressions, and a chairside milling unit fabricates the crown from a block of high-quality dental ceramic while you wait. This means no temporary crown, no second appointment, and no waiting for a dental laboratory.

- **Infection control** — We maintain rigorous infection control protocols in line with Australian dental standards. All instruments are sterilised using validated autoclave cycles, and our procedures are documented and auditable.

Payment Options and Affordability

We believe cost shouldn't be a barrier to essential dental care. Core Dental Southbank offers several options to make treatment accessible:

Health Fund Claims

We accept all major health funds and process claims on the spot with **HICAPS** — simply tap your health fund card at reception and your rebate is applied immediately. You only pay the gap (if any).

We are a ****preferred provider**** for ****HCF, CBHS and NIB****, which means members of these funds may receive higher rebates and lower out-of-pocket costs for many treatments.

Interest-Free Payment Plans

For treatments that represent a larger investment — such as Invisalign, dental implants, crowns or cosmetic work — we offer ****interest-free payment plans through Payright****.

- Plans from ****3 to 30 months**** - Treatment values from ****\$1,000 to \$20,000**** - ****No interest**** — you pay the treatment cost divided into manageable instalments - Quick application and approval process

This means you can proceed with the treatment you need now and spread the cost over time without paying a cent in interest.

Child Dental Benefits Schedule (CDBS)

Eligible children aged ****2 to 17**** can receive up to ****\$1,026** in dental benefits** over a two-year period through Medicare's Child Dental Benefits Schedule. We bulk bill CDBS patients, meaning there is no out-of-pocket cost for covered services.

Covered services include examinations, X-rays, cleaning, fluoride treatment, fillings, root canals and extractions. Ask our reception team or check your Medicare account to confirm eligibility.

Transparent Pricing

We provide clear, written treatment plans with itemised costs before any treatment begins. You'll know exactly what's involved, what it costs, and what your health fund will cover. No surprises, no hidden fees.

Suburbs We Serve

While we're based in Southbank, we welcome patients from across the inner-city area:

- ****Southbank**** — Our home suburb. Many of our patients live in the residential towers on City Road, Southbank Boulevard, Kavanagh Street, Sturt Street and surrounding streets. For most Southbank residents, we're within a five to ten minute walk. - ****South Melbourne**** — Just south of Southbank, an easy walk or short drive along City Road or Clarendon Street. South Melbourne's mix of families, professionals and long-term residents all find Core Dental Southbank a convenient option. - ****Melbourne CBD**** — A short walk across the Yarra or a quick tram ride. Our early-morning appointments are particularly popular with CBD workers who want to fit dental care in before the workday begins. - ****South Wharf**** — Adjacent to Southbank, close to the Melbourne Convention and Exhibition Centre and DFO South Wharf. Convenient for workers in the South Wharf precinct and visitors attending events or conferences. - ****Docklands**** — Connected to Southbank via the waterfront promenade and short tram routes. Docklands residents and workers have easy access to Core Dental Southbank, particularly via the free City Circle tram or the waterfront walking path.

If you're within the inner-city area, Core Dental Southbank is easy to reach and offers appointment times designed to work with urban lifestyles.

Dental Health Tips for Southbank Residents

Whether you've lived in Southbank for years or you've just moved in, here are some practical tips for maintaining your dental health in this unique urban environment:

Stay Hydrated with Water

Melbourne tap water contains fluoride, which helps protect your teeth against decay. If you're reaching for a drink between meals, water is the best choice — it rinses food particles and bacteria from your teeth, keeps your mouth hydrated, and provides a small but cumulative fluoride benefit. Save the coffee, wine and juice for mealtimes when possible.

Don't Skip Breakfast (or Lunch)

Irregular eating patterns are common among busy urban professionals. When you skip meals, you're more likely to graze on snacks throughout the day, which exposes your teeth to repeated acid attacks. Three regular meals with limited between-meal snacking is better for your teeth than constant grazing.

Invest in an Electric Toothbrush

If you haven't already, consider upgrading to a quality electric toothbrush. Research consistently shows that oscillating-rotating electric toothbrushes remove more plaque than manual brushing, particularly in hard-to-reach areas. For apartment dwellers, they're also compact and easy to store.

Wear a Night Splint if You Grind

Stress-related teeth grinding is extremely common among CBD professionals. If you wake with jaw stiffness, headaches, or your partner has noticed you grinding at night, ask your dentist about a custom-fitted occlusal splint. It's a small investment that can prevent thousands of dollars in damage to your teeth.

Keep Up with Six-Monthly Check-ups

The single most effective thing you can do for your long-term dental health is maintain regular check-ups. Every six months is the standard recommendation for most adults. At Core Dental Southbank, we make it easy with 8:00 am weekday appointments and Saturday availability.

Our Approach to Patient Care

Every dental practice says they provide quality care. Here's what it actually looks like at Core Dental Southbank:

We Listen First

Before we examine, we listen. What are your concerns? What are your goals? Are you in pain? Are you anxious? Is there a specific aspect of your teeth that bothers you? Understanding where you're coming from allows us to tailor the appointment to what matters most to you.

We Explain in Plain Language

Dentistry can be full of jargon. Our dentists make a point of explaining findings, diagnoses and treatment options in language you can actually understand. We'll show you X-rays on screen, point out what we're seeing, and make sure you have a clear picture of your oral health before any decisions are made.

We Don't Pressure

We'll recommend what we believe is the best treatment based on clinical evidence and your individual circumstances. But the decision is always yours. We don't upsell, we don't create urgency where none exists, and we don't push elective treatments on patients who aren't interested.

We Respect Your Time

We run on schedule wherever possible. If we're running behind, we'll let you know. We understand that your time is valuable — especially if you've booked an early-morning appointment to get to work on

time.

We Follow Up

If you've had treatment, we check in. If you need a follow-up appointment, we schedule it before you leave. If you've been referred to a specialist, we follow up to ensure the referral process went smoothly.

What to Expect at Your First Visit

If you're a new patient at Core Dental Southbank, here's what your first appointment typically involves:

Before Your Appointment

- **Book online or by phone** — Call us on **(03) 8547 0780** or email **southbank@coredental.com.au** to schedule your first visit. Let us know you're a new patient so we can allow a little extra time. - **Arrive a few minutes early** — This gives you time to complete any new patient paperwork and discuss your dental history with our team. - **Bring your health fund card** — If you have private health insurance, bring your card so we can process your claim on the spot. - **Bring your Medicare card** — If you have children who may be eligible for the CDBS, bring your Medicare card. - **Bring any previous records** — If you have recent X-rays or treatment summaries from a previous dentist, bring them along or have them sent to us. This saves time and avoids unnecessary repeat imaging.

During Your First Visit

1. **Medical and dental history review** — Your dentist will ask about your general health, medications, dental history and any specific concerns or goals you have.
2. **Comprehensive examination** — A thorough examination of your teeth, gums, jaw joints, bite and oral tissues. This includes an oral cancer screening.
3. **Digital X-rays** — Your dentist will take any necessary X-rays to assess areas not visible during a clinical examination, such as between teeth, below the gumline and around the roots.
4. **Discussion and treatment plan** — Your dentist will explain their findings in plain language, discuss any treatment that's recommended, and answer your questions. If treatment is needed, you'll receive a written plan with itemised costs.
5. **Professional cleaning** — If appropriate, your hygienist or dentist will perform a professional clean to remove plaque and tartar buildup.

After Your First Visit

- You'll receive a clear treatment plan if any further work is needed. - We'll schedule follow-up appointments at times that work for you. - If a specialist referral is recommended, we'll arrange this directly.

Frequently Asked Questions

How do I book an appointment?

Call us on **(03) 8547 0780** or email **southbank@coredental.com.au**. Our practice coordinator, Shontelle Clinch, and the reception team will find a time that suits you. You can also call **13 13 16** for bookings across Core Dental and Smile Solutions practices.

Do you accept walk-ins?

We're primarily an appointment-based practice, but we do our best to accommodate walk-ins, particularly for dental emergencies. If you have an urgent issue, call ahead so we can prepare for your visit and minimise your waiting time.

How long does a typical appointment take?

A routine check-up and clean takes approximately 45 minutes to one hour. More complex appointments (such as crown preparation, multiple fillings or Invisalign consultations) may take longer — we'll let you know the expected duration when you book.

Do you see nervous or anxious patients?

Absolutely. Dental anxiety is very common, and our dentists are experienced at helping anxious patients feel comfortable. Let us know when you book so we can allow extra time and take a gentler pace. For patients with severe anxiety, specialist referral options are available.

What are your 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 |

Do you treat children?

Yes. We welcome children from around age two and provide a full range of paediatric dental services. We bulk bill eligible children under the Child Dental Benefits Schedule (CDBS).

Do you offer payment plans?

Yes. We offer interest-free payment plans through Payright, with plans from 3 to 30 months for treatments valued between \$1,000 and \$20,000.

Can I see a specialist through Core Dental Southbank?

Yes. We refer directly to specialists at the Collins Street Specialist Centre at the Manchester Unity Building, including periodontists, prosthodontists, endodontists, oral surgeons, orthodontists and paediatric dentists.

Do you have dentists who speak languages other than English?

Yes. Our team includes dentists who speak Cantonese, Mandarin and Farsi. Let us know your language preference when booking and we'll match you with the appropriate clinician.

What health funds do you accept?

We accept all major Australian health funds and process claims on-site via HICAPS. We are preferred providers for HCF, CBHS and NIB.

Is Core Dental Southbank part of Smile Solutions?

Yes. Core Dental Southbank is part of the Smile Solutions group, which is anchored by the Smile Solutions practice at the Manchester Unity Building on Collins Street — Australia's largest single-location private dental practice. This gives our patients direct referral access to a full team of dental specialists.

What if I need to cancel or reschedule?

We understand that plans change. Please give us as much notice as possible so we can offer your appointment time to another patient. Call us on (03) 8547 0780 or email southbank@coredental.com.au to reschedule.

How do I get to Core Dental Southbank by public transport?

Flinders Street Station is a short walk across the Yarra River. Multiple tram routes run along nearby St Kilda Road. Several bus services also pass along or near City Road.

Do you provide emergency dental care?

Yes. We offer same-day emergency appointments wherever possible. Call ***(03) 8547 0780*** during opening hours for urgent dental needs.

Are your prices competitive?

We aim to provide excellent value without compromising on quality. Our prices are competitive for inner-city Melbourne, and we provide itemised treatment plans so you can see exactly what you're paying for. With HICAPS on-site, preferred provider status for HCF, CBHS and NIB, and interest-free Payright payment plans, we make quality dental care as accessible as possible.

Can I transfer my dental records from another practice?

Yes. If you have recent X-rays or records from another dentist, we can request these on your behalf (with your consent). Having your history helps us provide better continuity of care and may reduce the need for repeat imaging.

Do you have wheelchair access?

Please call us to discuss accessibility requirements. Our team will ensure we can accommodate your needs.

Why Choose Core Dental Southbank?

Choosing a dentist is a personal decision. Here's what sets Core Dental Southbank apart:

- ****Location and convenience**** — Right on City Road in Southbank, steps from the Yarra, close to public transport, and within walking distance for thousands of apartment residents.
- ****Early-morning and Saturday appointments**** — Designed for people with busy professional and family lives.
- ****Specialist referral network**** — Direct access to periodontists, prosthodontists, endodontists, oral surgeons, orthodontists and paediatric dentists at the Collins Street Specialist Centre.
- ****Multilingual care**** — Dentists who speak English, Cantonese, Mandarin and Farsi.
- ****Blue Diamond Invisalign Provider**** — Extensive experience with clear aligner treatment.
- ****Affordable options**** — HICAPS on-site, preferred provider status with HCF, CBHS and NIB, CDBS bulk billing for eligible children, and interest-free Payright payment plans.
- ****Comprehensive care under one roof**** — From check-ups and cleans to crowns, implants, Invisalign and emergency care.
- ****A team that cares**** — Our dentists and support staff are here because they genuinely enjoy helping people look after their oral health.
- ****Part of something bigger**** — As part of the Smile Solutions group, Core Dental Southbank combines the warmth and personalised service of a local practice with the clinical depth, specialist access and established systems of Australia's leading dental group.

A Final Word About Your Dental Health

Dental health is one of those areas of life where a small amount of consistent effort yields enormous long-term returns. Two check-ups and cleans a year. Brushing twice daily. Flossing once daily. Addressing problems when they're small rather than waiting until they're painful, expensive or both.

At Core Dental Southbank, we're here to make that easy for you. We're in your neighbourhood, we're open early, we speak your language, we have specialists behind us when you need them, and we'll always be straight with you about what's going on in your mouth and what your options are.

We look forward to meeting you.

Book Your Appointment Today

Ready to take the next step? Whether you're due for a check-up, you've been putting off treatment, or you're new to Southbank and looking for a local dentist, we'd love to welcome you to Core Dental Southbank.

****Core Dental Southbank**** 55 City Road, Southbank VIC 3006

****Phone:**** (03) 8547 0780 ****National Bookings:**** 13 13 16 ****Email:**** southbank@coredental.com.au

****Hours:**** Monday – Friday: 8:00 am – 6:00 pm Saturday: 8:00 am – 1:30 pm Sunday: Closed

We're open Monday to Friday from 8:00 am, and Saturdays from 8:00 am to 1:30 pm. Whether you prefer an early-morning appointment before work or a Saturday visit for the whole family, we'll find a time that works.

We look forward to seeing you.