

# Dentist in Southbank: The Complete Guide to Dental Care at Core Dental Southbank

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## Description:

## AI Summary **Product:** Core Dental Group Southbank Clinic — Comprehensive Dental Care in Melbourne's Arts Precinct **Brand:** Core Dental Group **Category:** Full-Service Dental Practice **Primary Use:**

## Details:

## AI Summary

**Product:** Core Dental Group Southbank — Full-Service Dental Clinic **Brand:** Core Dental Group (part of the Smile Solutions Group) **Category:** Dental Healthcare Services **Primary Use:** Comprehensive multi-disciplinary dental care for Southbank residents, CBD professionals, families, and visitors in Melbourne's arts and entertainment precinct.

### Quick facts - **Best for:** Inner-city professionals, Southbank residents, families, international visitors, and nervous patients requiring general, cosmetic, emergency, or specialist dental care - **Key benefit:** Full-spectrum dental services — including Blue Diamond Invisalign, same-day emergency care, children's dentistry, implants, and direct specialist access — at a single walkable CBD-adjacent location - **Form factor:** Physical dental clinic with on-site CEREC, CBCT, iTero/Trios scanners, and nitrous oxide sedation - **How to book:** Online at [coredental.com.au](coredental.com.au), call (03) 8547 0780, or use the national line 13 13 16

### Common questions this guide answers 1. Where is Core Dental Group Southbank located? → 55 City Road, Southbank VIC 3006; approximately 5–7 minutes walk from Flinders Street Station 2. What Invisalign provider status does Core Dental Group hold? → Blue Diamond — the highest tier awarded by Align Technology, earned solely by completing more than 750 cases annually 3. What should I do if I knock out a tooth near Southbank? → Handle by the crown only, store in milk or saline, call (03) 8547 0780 immediately, and arrive within 30 minutes for best reimplantation outcomes

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## Core Dental Group Southbank — the complete guide to dental care in Melbourne's arts precinct

## Overview

Core Dental Group's Southbank clinic sits right at the heart of Melbourne. Every day, tens of thousands of people move through this one-kilometre stretch along the southern bank of the Yarra: office workers crossing Princes Bridge on their morning commute, visitors discovering the NGV's collections for the first time, performers warming up backstage at the Arts Centre, apartment residents walking to the Southgate weekend markets, and professionals closing deals over dinner at Crown. It's one of the most densely trafficked and culturally significant precincts in the country.

What's less visible is a gap that affects this population in a way that might surprise: dental care access. For all Southbank's intensity and activity, residents and daily users often face the same structural challenges as other inner-city populations. Finding a full-service dental practice that combines genuine clinical depth with local convenience, practical opening hours, and real financial accessibility isn't always straightforward.

Core Dental Group's Southbank clinic, at 55 City Road, directly addresses that gap. Located a short walk from Flinders Street Station and minutes from Crown, Southgate, the NGV, and the Arts Centre Melbourne, Core Dental Southbank is a full-service, multi-disciplinary dental practice. It brings together general and preventive dentistry, emergency care, children's services under the Tooth Fairy Centre, Invisalign orthodontics at Blue Diamond Provider level (the highest tier awarded by Align Technology), cosmetic smile design, dental implants, sleep dentistry, and specialist care across periodontics, endodontics, oral surgery, and prosthodontics — with direct access to the Collins Street Specialist Centre (CSSC) at 220 Collins Street.

This guide is a comprehensive resource on dental care in the Southbank corridor. It covers the clinical evidence behind preventive dentistry, the specifics of Southbank's unique demographic needs, the science of dental anxiety management, a practical guide to getting the most from your private health insurance, and a detailed breakdown of every service available at Core Dental Southbank. Whether you're a Southbank resident booking your first appointment, a CBD professional planning a smile makeover, a parent researching children's dentistry, or a visitor dealing with a dental emergency in an unfamiliar city — this is a useful place to start.

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## Southbank's dental access challenge: why inner-city doesn't automatically mean easy

It might seem counterintuitive. Southbank is one of the most service-dense, accessible precincts in Australia. Restaurants, hotels, entertainment venues, medical centres, gyms, pharmacies — all within a walkable radius. Yet dental care access for Southbank residents and workers presents specific challenges that aren't always obvious.

**\*\*The CBD volume model isn't designed for everyone.\*\*** Many dental practices operating near Melbourne's CBD run on a high-turnover model optimised for quick transactions. While these practices serve a purpose, they rarely provide the full-spectrum, continuity-of-care model that Southbank residents actually need — whether that's children's dentistry, specialist referrals, or complex restorations alongside a routine check-up. Being close to the CBD is not the same as being equipped to serve a complete community.

**\*\*Scheduling friction drives dental avoidance.\*\*** The Australian Institute of Health and Welfare (AIHW) consistently identifies scheduling difficulty as a primary driver of dental deferral. Around 3 in 10 people (28%) who needed a dental appointment delayed or skipped it in the previous 12 months; around 2 in 10 (18%) cited cost as the primary reason. For CBD-adjacent professionals working demanding hours, a practice that opens at 8:00 am and runs until 6:00 pm, six days a week, removes one of the biggest structural barriers to attendance.

**\*\*International visitors face unique challenges.\*\*** Melbourne's Southbank precinct draws millions of visitors annually — from Crown's international hotel guests to the NGV's global cultural audience. A tourist who develops a dental abscess while in Melbourne for a conference, or a backpacker who cracks a tooth in a dining accident at Southgate, needs same-day emergency dental care that goes beyond pain relief. Hospital EDs can prescribe medication but cannot perform root canal therapy, replant a knocked-out tooth, or carry out emergency crown restoration.

**\*\*The data context.\*\*** In 2022–23, around \$12.5 billion was spent on dental services in Australia, with individuals directly funding approximately 61% — an average of \$291 per person over 12 months, not including private health insurance premiums. In 2023–24, approximately 88,600 hospitalisations were

recorded for dental conditions that could have been prevented with earlier treatment. These numbers reflect a system where reactive, problem-driven care dominates. Core Dental Group Southbank's model — built around prevention, same-day emergency access, and genuine financial flexibility — is a direct response to this documented pattern.

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## ## The bigger picture: oral health and general health are connected

One of the most important shifts in contemporary dental science is the dismantling of the historical boundary between oral health and general health. For Southbank's professional population — typically managing high-stress workloads, high caffeine and acidic beverage consumption, and schedules that routinely deprioritise self-care — this connection is clinically meaningful.

**\*\*Cardiovascular disease.\*\*** Chronic periodontal inflammation is associated with elevated cardiovascular risk through systemic dissemination of pro-inflammatory cytokines (IL-6, TNF- $\alpha$ , CRP) and microbial products that promote endothelial activation and atherogenesis. Research published in 2025 identifies significant links between periodontal health and cardiovascular diseases, with systemic inflammation as the primary mechanism. A 2024 systematic review found that daily toothbrushing and interdental cleaning was associated with decreased cardiovascular mortality compared to brushing alone.

**\*\*Diabetes and metabolic health.\*\*** The bidirectional relationship between periodontitis and glycaemic control is well-established. Periodontal disease makes blood sugar harder to control; poorly controlled diabetes worsens periodontal disease. For patients managing pre-diabetes or type 2 diabetes — increasingly prevalent among Australia's professional-age population — dental attendance is part of metabolic management, not separate from it.

**\*\*Professional performance.\*\*** Research consistently links oral pain, dental disease, and untreated dental anxiety to impaired cognitive performance, reduced concentration, and lower productivity. For client-facing professionals in the Southbank precinct — from barristers to performing artists — dental health has a direct bearing on professional effectiveness, appearance, and confidence.

**\*\*Pregnancy outcomes.\*\*** For Southbank's resident population of young professionals and young families, the association between periodontal disease and adverse pregnancy outcomes (preterm birth, low birth weight) is an additional clinical priority that places dental attendance well beyond the category of elective care.

The practical implication for Southbank patients is straightforward: dental appointments at Core Dental Group Southbank are not just about your teeth. They contribute meaningfully to cardiovascular health, metabolic function, professional performance, and long-term wellbeing.

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## ## Core Dental Group: who they are and what sets them apart

### ### Part of Australia's largest dental organisation

Core Dental Group Southbank is part of the Smile Solutions Group, one of Australia's largest and most respected dental organisations. Established in 1993 and owned and operated by a dentist, the group works in conjunction with Smile Solutions — together building a patient base exceeding 300,000 individuals, with approximately 20,000 new patients joining annually.

The orthodontic performance figures are particularly notable: the group's orthodontic department welcomes more than 3,000 new patients each year, with over one-third commencing Invisalign treatment. That volume — spanning hundreds of cases per year — has earned Core Dental Group Blue Diamond Invisalign provider status, the highest tier awarded by Align Technology. Blue Diamond status is not purchased; it is awarded solely on completed case volume, requiring more than 750 Invisalign

cases treated to completion annually.

Core Dental Group's network encompasses over 40 dental suites equipped with CEREC units, iTero scanners, Trios digital impression systems, CBCT and OPG imaging, and multiple implant systems. The shared CareStack patient management system means clinical records, treatment plans, and health fund details are accessible across all group locations — relevant for Southbank patients who occasionally attend different Core Dental Group locations, or who need continuity of records during specialist referral.

### ### The Collins Street Specialist Centre (CSSC)

One of the most distinctive advantages of choosing Core Dental Group Southbank is access to the Collins Street Specialist Centre — a purpose-built specialist referral hub at 220 Collins Street, Melbourne CBD (phone: (03) 9650 2726), housing more than 25 AHPRA-registered dental specialists across periodontics, endodontics, oral and maxillofacial surgery, prosthodontics, orthodontics, and paediatric dentistry.

In Australia, the title "dental specialist" is legally protected by AHPRA. As of 2023, approximately 9.5% of employed Australian dentists hold specialist registration — a small pool geographically concentrated in CBD locations. For Southbank patients, the CSSC at 220 Collins Street is accessible on foot or by tram in under 10 minutes. That proximity makes specialist dental access a practical reality rather than an aspiration.

### ### The in-house Smile Lab

Core Dental Group's Smile Lab — shared across the Smile Solutions Group — gives Southbank patients access to custom-fabricated dental prosthetics and restorations produced in close collaboration with the treating dentist. Rather than outsourcing to external commercial laboratories, the Smile Lab model enables real-time dialogue between laboratory technicians and clinicians, which translates to more precise shade matching, better fit, and faster turnaround on crowns, bridges, veneers, and implant restorations.

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## ## General and preventive dentistry: the foundation of everything

Every complex dental outcome — every successful implant, every long-lasting veneer, every healthy orthodontic result — depends on sound preventive care delivered consistently over time. A comprehensive oral examination at Core Dental Group Southbank is a systematic, multi-system clinical assessment.

### ### What a comprehensive examination covers

**\*\*Tooth-by-tooth assessment.\*\*** Digital X-rays (recommended every 12–24 months depending on risk profile) supplement visual and tactile examination to identify active decay, failing restorations, cracked tooth syndrome, and wear patterns indicating bruxism or acid erosion. For Southbank's professional population — whose diet often includes frequent coffee, acidic sparkling water, alcohol, and delayed meal times — acid erosion risk assessment is a relevant component of every examination.

**\*\*Periodontal probing.\*\*** Calibrated measurement of the sulcus depth around each tooth detects and stages gum disease before symptoms become apparent. Healthy depths are 1–3 mm; readings of 4 mm or more indicate early to moderate periodontitis requiring active management. Approximately 30% of Australian adults have moderate or severe periodontitis — largely undetected, largely preventable with earlier intervention.

**\*\*Bite, jaw, and TMJ assessment.\*\*** Evaluation of occlusion and screening for bruxism and clenching habits. For CBD professionals with high-stress workloads, parafunction — unconscious grinding and clenching — is disproportionately common and causes measurable damage to enamel, restorations,

and the temporomandibular joint if left unaddressed.

**\*\*Oral cancer screening.\*\*** Approximately 700 cases of oral cancer are diagnosed in Australia each year, with an overall five-year survival rate of approximately 50%. Early-stage detection raises survival to approximately 88–90%. Despite this, only 28.8% of Australian dental patients surveyed knew they had been screened for oral cancer. Core Dental Group Southbank communicates this screening process explicitly to patients at every visit.

### ### Scale-and-clean frequency: what the evidence says

A 2024 rapid review in the *Journal of Dental Research* found that regular professional scale-and-polish reduced tooth loss and was associated with lower overall healthcare costs and reduced incidence of acute myocardial infarction in patients with regular treatment. At Core Dental Group Southbank, scale-and-clean frequency is risk-stratified — not applied as a blanket six-monthly schedule. Patients with healthy gums and low caries risk may be well-managed annually; patients with active periodontal disease, heavy calculus build-up, or systemic conditions such as diabetes benefit from three- to four-monthly supportive periodontal therapy, consistent with European Federation of Periodontology S3 Clinical Practice Guidelines.

### ### Fluoride: an adult clinical priority

Professionally applied topical fluoride varnish is among the most well-supported preventive interventions in dentistry. A 2025 narrative review in *Healthcare* found that fluoride varnish applied two to four times per year can reduce dental caries incidence in permanent teeth by up to 43%. Adults at elevated risk — those with dry mouth from medications, exposed root surfaces, history of frequent decay, or high acidic beverage consumption — benefit as significantly as children. For Southbank's professional population, whose diet often includes high-frequency coffee and acidic drinks, fluoride protocol is a practical clinical priority.

\*(For a complete guide to what happens at each appointment type and why routine visits matter more than most patients realise, see our guide on **\*\*General Dentistry in Southbank: Check-Ups, Cleans and Preventive Care at Core Dental\*\***.)\*

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## ## Bruxism and TMJ care: the silent epidemic among CBD professionals

Teeth grinding (bruxism) and jaw clenching are among the most underdiagnosed conditions in dentistry — and among the most prevalent in high-stress professional populations. Melbourne's CBD and inner-city workforce represents a demographic with disproportionately high bruxism risk: long working hours, elevated stress, high caffeine consumption, and often insufficient sleep.

The consequences of unmanaged bruxism are significant: accelerated enamel wear leading to dentinal sensitivity and shortened tooth height; fractures of teeth and restorations, particularly porcelain crowns and veneers; temporomandibular joint (TMJ) dysfunction including jaw clicking, limited opening, and referred headaches; and myofascial pain from chronically overloaded masseter and temporalis muscles.

At Core Dental Group Southbank, bruxism screening is incorporated into every comprehensive examination. For patients with evidence of active parafunction, management options include:

**\*\*Custom occlusal splints.\*\*** A precision-fitted hard acrylic appliance worn during sleep — the evidence-based first-line intervention for bruxism-related tooth wear and TMJ dysfunction. Custom splints are significantly more effective than over-the-counter alternatives and are fabricated via digital impressions through the Smile Lab.

**\*\*Botulinum toxin (anti-wrinkle injections) for masseter muscle.\*\*** For patients with severe jaw clenching and masseter hypertrophy, therapeutic botulinum toxin injections reduce the force of clenching by

partially inhibiting the masseter. This is a recognised off-label dental indication with good evidence for TMJ pain reduction and is available at Core Dental Group locations.

**\*\*Lifestyle counselling.\*\*** Evidence-based recommendations around caffeine reduction, sleep hygiene, screen-time management, and stress intervention — meaningful complements to any appliance-based management.

\*(For a complete guide to bruxism diagnosis, management options, and what to do if you're waking with jaw pain or headaches, see our guide on **\*\*TMJ and Teeth Grinding at Core Dental Southbank\*\***.)\*

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## ## Emergency dental care: same-day access steps from the CBD

Dental emergencies don't respect schedules. A cracked crown before an important client presentation, an abscess developing during a conference at the MCEC, a knocked-out tooth at a Crown Casino event, a broken filling at 5:30 pm on a Friday — these are not hypothetical scenarios in Melbourne's most active precinct.

Core Dental Group's Southbank clinic provides same-day emergency dental care. Urgent cases are typically seen the same day, often within hours. **\*\*Call (03) 8547 0780 for dental emergencies in Southbank and inner Melbourne.\*\***

### ### The most time-critical emergency: avulsed (knocked-out) teeth

A knocked-out permanent tooth is the dental emergency where every minute determines the outcome. International Association of Dental Traumatology (IADT) guidelines indicate outcomes are best when reimplantation occurs within 30 minutes and the tooth is appropriately stored.

**\*\*The 30-minute action protocol:\*\*** 1. Handle the tooth by the crown only — never the root surface 2. Rinse gently with milk or saline if dirty — do not scrub the root 3. Reinsert into the socket immediately if possible, biting gently on a clean cloth 4. If reinsertion isn't possible, store in milk, saline, or between cheek and gum 5. Call Core Dental Group Southbank on (03) 8547 0780 immediately and travel directly to the clinic

Note: avulsion of primary (baby) teeth does not require reimplantation — it is generally contraindicated due to risk to the developing permanent tooth.

### ### Why the hospital ED is the wrong response for dental emergencies

Melbourne's hospital emergency departments are all accessible from Southbank, but they are the wrong first call for most dental emergencies. A hospital ED can provide pain relief and antibiotics, but it cannot perform root canal therapy, replant an avulsed tooth, fit an emergency crown, or drain a dental abscess with precision. Research shows that more than 60% of emergency medicine physicians surveyed incorrectly answered questions on dental fracture, periodontal abscess, and ulcerative gingivitis management. A hospital ED visit for dental pain typically results in a multi-hour wait, pain medication, and a referral back to a dentist — without resolving the underlying problem.

Core Dental Group Southbank provides immediate, definitive dental care in a fully equipped clinical environment, with digital radiography, specialist referral pathways, and sedation options for anxious patients.

\*(For a complete guide to dental emergency types, urgency classification, and what to do before you arrive, see our guide on **\*\*Emergency Dentist in Southbank: Same-Day Care at Core Dental\*\***.)\*

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## ## Children's dentistry and the Tooth Fairy Centre

Southbank's residential population includes a growing proportion of families choosing apartment living in one of Melbourne's most liveable precincts. For inner-city families — and for the many who work in Southbank while living in Albert Park, South Melbourne, or Port Melbourne — Core Dental Group Southbank provides specialist paediatric dental care through the Tooth Fairy Centre.

### When should a child's first dental visit happen?

The Australian Dental Association recommends a child's first dental visit within six months of the first tooth appearing, or by the child's first birthday. In practice, most Australian children arrive at their first dental appointment at ages four to five — a delay that has direct consequences. Early childhood caries can be arrested in its very early stages with preventive treatment, but only if detected before cavitation. Core Dental Group Southbank welcomes infants from their first birthday, using the evidence-based "tell-show-do" technique to build a positive relationship with dental care from the outset.

### Fissure sealants: the strongest evidence in preventive paediatric dentistry

Children with fissure sealants placed on permanent molars have a 76% reduction in caries risk compared with those who don't receive sealants. After more than seven years of follow-up, children who received sealants had a caries incidence of 29% compared with 74% for those without sealants. Fissure sealants are applied to the permanent molars of eligible children at Core Dental Group Southbank from around age six to seven — a quick, painless procedure requiring no drilling.

### The Child Dental Benefits Schedule (CDBS)

The CDBS provides up to \$1,158 for each eligible child over two calendar years for basic dental services. Eligibility: the child must qualify for Medicare, be aged 0–17 for at least one day in the calendar year, and either the child or parent/carer must receive an eligible government payment (including Family Tax Benefit Part A, Parenting Payment, or Youth Allowance). No application is required — eligibility notification is sent by post or via myGov. Core Dental Group Southbank is a CDBS provider.

Historically, around 1 in 2 eligible children do not use the CDBS. The team at Core Dental Group Southbank proactively helps families check eligibility and make the most of their entitlements.

> **Action step:** Check your child's CDBS eligibility and remaining balance by logging into your Medicare account via myGov, or call Medicare on 132 011.

\*(For a complete guide to developmental milestones, fluoride protocols, and what to expect at each stage of your child's dental journey, see our guide on **Children's Dentistry in Southbank: Paediatric Care at Core Dental's Tooth Fairy Centre**.)\*

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## Invisalign and orthodontics: Blue Diamond access steps from the CBD

### What Blue Diamond provider status actually means

Core Dental Group holds Blue Diamond Invisalign provider status — the highest tier awarded by Align Technology. Blue Diamond status requires treating more than 750 Invisalign cases to completion annually. It cannot be purchased, sponsored, or earned through marketing. The only path to Blue Diamond is accumulated clinical volume — and that volume translates directly into clinical judgement for complex cases, efficient mid-treatment adjustments, and predictable outcomes.

For Southbank patients considering orthodontic treatment, Blue Diamond access at Core Dental Group Southbank means the clinical team treating your case has managed hundreds of cases across the full complexity range — including the edge cases, refinement sequences, and retention protocols that distinguish experienced from inexperienced providers.

### Why Invisalign suits Southbank's professional population

For CBD professionals and arts precinct workers, the practical and aesthetic advantages of Invisalign over traditional fixed braces are often the deciding factor:

- **Removability.** Aligners are removed for eating, drinking (anything other than water), important presentations, photographs, and performances — no dietary restrictions, no metal wire issues before a client meeting - **Oral hygiene.** Removable aligners allow full normal brushing and flossing, avoiding the plaque retention and demineralisation that fixed bracket-and-wire systems can create - **Aesthetics.** Clear aligners are substantially less visible than fixed braces — important for professionals whose appearance is part of their professional identity - **Predictability.** ClinCheck 3D simulation shows the patient their projected outcome before committing to treatment — a meaningful advantage when making a significant financial and personal investment

### Who is a candidate for Invisalign?

Modern Invisalign addresses a far wider range of clinical presentations than its early generations. Severe crowding, significant overbite and underbite, open bites, and crossbites — once the exclusive domain of fixed appliances — are now routinely managed at Blue Diamond provider level. The most reliable candidacy assessment is an Invisalign consultation at Core Dental Group Southbank, including digital scan (iTero or Trios), bite registration, and periodontal examination.

\*(For a complete clinical guide to Invisalign versus traditional braces, what to expect at each treatment stage, and how to access your HICAPS rebate, see our guide on **Invisalign in Southbank: Teeth Straightening for Melbourne CBD Professionals at Core Dental**.)\*

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## Cosmetic dentistry: confidence built on clinical science

### Porcelain veneers

Porcelain veneers are ultra-thin ceramic shells bonded to the facial surface of teeth to address discolouration, chips, gaps, minor misalignment, and proportion issues that whitening or orthodontics alone cannot resolve. The long-term evidence is strong: a 2021 systematic review found a 10-year estimated survival rate of 95.5% for porcelain veneers, with enamel-bonded (minimal-prep or no-prep) veneers demonstrating near-perfect survival at approximately 99%.

At Core Dental Group Southbank, veneer cases benefit from the in-house Smile Lab — custom restorations produced in close collaboration with the treating dentist for precise shade, translucency, and form. This integrated laboratory model is a meaningful clinical advantage over practices that outsource fabrication to external commercial labs with limited clinician dialogue.

### Teeth whitening

Professional whitening at Core Dental Group Southbank uses clinically validated bleaching systems. Current research confirms that light-activation devices add no meaningful whitening benefit over whitening gel alone — the primary driver is hydrogen peroxide or carbamide peroxide concentration and contact time. In-office whitening can achieve up to 8–10 shade improvements in a single session. Take-home custom trays, supplied with professional-strength gel, deliver a controlled and sustainable result that can be maintained or topped up periodically.

All cosmetic consultations at Core Dental Group Southbank include a full restorative and periodontal assessment: cosmetic treatment over undetected decay or active gum disease will not achieve lasting results.

### Composite bonding and smile design

For patients seeking conservative cosmetic enhancement — closing diastemas, repairing chips, reshaping worn edges — composite resin bonding offers a reversible, same-session option without tooth reduction. For comprehensive smile makeovers, Core Dental Group Southbank's multi-disciplinary planning model includes digital smile design, diagnostic wax-up, and coordinated input from the Smile Lab, allowing patients to preview proposed changes before any irreversible preparation.

\*(For a complete clinical guide to cosmetic options in Southbank — veneers, whitening, bonding, gum contouring and smile design — see our guide on **\*\*Cosmetic Dentistry in Southbank: Smile Design at Core Dental\*\***.)\*

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## ## Dental implants: the permanent solution

Dental implants are the clinical gold standard for replacing missing teeth. The case for implants over bridges and dentures rests fundamentally on bone biology: after a tooth is extracted, horizontal bone width reduces by 29–63% in the first six months. Bridges and dentures replace the visible tooth but do nothing to arrest bone resorption; dentures accelerate it by transmitting compressive forces to the underlying ridge. A dental implant, by contrast, mimics the root, transmitting biting forces along the implant body in a way that maintains bone volume.

Long-term implant survival data is among the strongest in implant medicine: 10-year survival is consistently reported at 90–95%, with approximately four out of five implants lasting 20 years or more when properly maintained. Bridges typically last 7–15 years; dentures 5–10 years. For Southbank patients with higher-than-average aesthetic and functional expectations, the permanence and natural behaviour of a well-placed implant represent a compelling long-term investment.

For complex implant cases — requiring bone grafting, sinus augmentation, or full-arch rehabilitation — Core Dental Group Southbank's referral pathway to the CSSC provides access to AHPRA-registered oral and maxillofacial surgeons and prosthodontists operating in a purpose-built specialist environment.

\*(For a complete guide to implant assessment, surgical stages, cost structure, and what to expect during recovery, see our guide on **\*\*Dental Implants in Southbank: Permanent Tooth Replacement at Core Dental\*\***.)\*

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## ## Specialist dental care: the Collins Street Specialist Centre

For conditions requiring AHPRA-registered specialist involvement — advanced periodontitis, calcified root canals, complex oral surgical procedures, full-arch prosthodontic rehabilitation — Core Dental Group Southbank patients have direct access to the Collins Street Specialist Centre (CSSC) at 220 Collins Street, Melbourne CBD ((03) 9650 2726). For most Southbank patients, the CSSC is accessible on foot or by tram in under 10 minutes.

### ### Periodontics

Approximately 30% of Australian adults have moderate or severe periodontitis — a figure that has grown substantially over recent decades. Left untreated, periodontitis causes irreversible bone and attachment loss, with well-documented systemic associations including cardiovascular risk and glycaemic dysregulation. Core Dental Group Southbank incorporates periodontal assessment into every comprehensive examination; cases requiring surgical periodontal intervention are referred to CSSC periodontal specialists.

### ### Endodontics

Contemporary root canal treatment, performed with nickel-titanium rotary instruments, apex locator technology, and operating microscopes, is typically no more uncomfortable than a filling. The 10-year survival rate for root-canal-treated teeth is approximately 97%; approximately 90–95% of patients retain functional teeth after treatment. Complex endodontic presentations — calcified canals, retreatments, surgical endodontics — are managed by CSSC-registered endodontists with microscope-assisted precision.

### ### Oral and maxillofacial surgery

Surgical procedures within the scope of Core Dental Group Southbank's general dental team are performed in-house. Complex or sedation-dependent cases — including impacted wisdom tooth removal, implant placement requiring bone grafting, jaw cyst management, soft tissue biopsies, and oral surgical procedures under general anaesthetic — are managed at the CSSC, where oral and maxillofacial surgeons operate with access to day surgery facilities.

### ### Prosthodontics

For complex restorative cases — full-arch implant-supported rehabilitation, extensive crown and bridge work, All-on-4, precision dentures — prosthodontic specialist involvement via the CSSC significantly improves long-term outcomes. The combination of Smile Lab fabrication and CSSC prosthodontic expertise gives Core Dental Group Southbank patients access to a clinical standard typically unavailable outside major specialist centres.

\*(For a complete guide to each specialty, when referral is appropriate, and how the CSSC pathway works, see our guide on **\*\*Specialist Dental Care for Southbank Patients: Accessing the Collins Street Specialist Centre\*\***.)\*

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## ## Dental anxiety: how Core Dental Group Southbank supports nervous patients

Approximately 16.1% of Australians experience high dental fear, and the clinical literature describes a well-characterised vicious cycle: anxiety leads to avoidance, avoidance leads to worse oral health, worse oral health necessitates more complex treatment, which deepens the anxiety. Breaking this cycle requires both clinical expertise and a practice philosophy genuinely built around patient comfort.

At Core Dental Group Southbank, the anxiety management toolkit includes:

**\*\*Nitrous oxide (happy gas) inhalation sedation.\*\*** The most commonly used form of conscious sedation in dentistry. Nitrous oxide is titratable in real time — adjusted continuously through the appointment — and is exhaled unchanged after treatment. Patients can typically drive home after clinical assessment confirms full recovery. No fasting, no recovery room, no residual sedation affecting the rest of the working day.

**\*\*Tell-show-do.\*\*** Each procedure is explained in plain language, demonstrated without being performed, and then carried out. The technique reduces the unpredictability that research identifies as a primary anxiety driver.

**\*\*Patient stop signals.\*\*** Patients are given a clear, agreed hand signal to immediately pause any procedure — a simple, effective autonomy-restoring technique that consistently reduces anxiety in clinical trials.

**\*\*Transparent communication.\*\*** Detailed treatment explanations, visual display of X-rays, written quotes before treatment, and a non-judgmental environment for patients who've been putting off care for years.

For patients with severe dental anxiety requiring intravenous sedation or general anaesthetic, the CSSC provides specialist-administered sedation in a fully equipped surgical facility.

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## ## Technology at Core Dental Group Southbank

**\*\*Digital X-rays and OPG.\*\*** Substantially lower radiation exposure than conventional film radiography, with immediate chairside display. OPG provides a full-arch panoramic view for bone level assessment, impacted tooth evaluation, and jaw anatomy.

**\*\*CBCT (cone-beam computed tomography).\*\*** Three-dimensional imaging critical for implant planning, surgical guide fabrication, and complex endodontic assessment — providing anatomical detail unavailable on conventional radiographs.

**\*\*iTero and Trios digital intraoral scanners.\*\*** Replace traditional impression materials with a comfortable dry digital scan — used for Invisalign ClinCheck simulation, crown fabrication, and prosthetic planning. Digital scans are more accurate than alginate impressions for most clinical applications.

**\*\*CEREC (Chairside Economical Restoration of Esthetic Ceramics).\*\*** Same-day ceramic crown, inlay, onlay, and veneer fabrication — eliminating the two-appointment, temporary restoration workflow traditionally associated with indirect ceramic restorations.

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## ## Getting to Core Dental Group Southbank: location, transport and accessibility

**\*\*Address:\*\*** 55 City Road, Southbank VIC 3006

**\*\*By foot.\*\*** From Flinders Street Station: approximately 5–7 minutes across Princes Bridge. From Southgate: approximately 3–4 minutes. From Crown Melbourne: approximately 5 minutes. From the NGV and Arts Centre: approximately 6–8 minutes.

**\*\*By tram.\*\*** Multiple tram routes serve the Southbank and St Kilda Road corridor, including routes 1, 3/3a, 5, 6, 16, 64, 67, and 72. St Kilda Road trams stop at Domain Interchange/Arts Precinct, Grant Street, and Shrine of Remembrance stops within easy walking distance of City Road.

**\*\*By car.\*\*** City Road is accessible from Southbank Boulevard, Kings Way, and the Montague Street corridors. Paid parking is available at Crown Melbourne car park, Southgate car park, and nearby Wilson parking stations. On-street metered parking is available on adjacent streets.

**\*\*By bicycle.\*\*** The Capital City Trail and Yarra River path provide direct cycling access from Melbourne's inner suburbs. Bicycle parking is available near the clinic.

**\*\*Accessibility.\*\*** The clinic is accessible for patients using wheelchairs and mobility aids.

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## ## Surrounding suburbs: who Core Dental Group Southbank serves

**\*\*South Melbourne.\*\*** The established residential and commercial neighbourhood adjacent to Southbank — including the South Melbourne Market precinct, Clarendon Street shops, and the Montague precinct — is within a 5–10 minute walk of Core Dental Group's City Road location.

**\*\*Melbourne CBD.\*\*** Legal, financial, professional services, and hospitality workers in the CBD precinct, particularly those based on the southern CBD grid (Flinders Lane, Flinders Street, King Street), find Core Dental Group Southbank more accessible than practices buried in commercial towers on Collins or Bourke streets.

**\*\*Docklands.\*\*** Melbourne's western waterfront precinct — increasingly developed with residential towers, corporate campuses, and retail — has Core Dental Group Southbank as its nearest full-service dental practice, accessible via Wurundjeri Way or the City Circle tram.

**\*\*Port Melbourne.\*\*** The waterfront residential community south of Southbank, including Bay Street's retail and café strip, is accessible by tram along Kings Way and Montague Street, or by a 10–15 minute cycle along the Bay Trail.

**\*\*Albert Park.\*\*** Melbourne Grammar School families, beach residents, and the professional community around Fawcner Park and Kerferd Road are well-served by the St Kilda Road tram corridor to Southbank.

**\*\*St Kilda.\*\*** St Kilda residents, particularly those commuting north by tram along St Kilda Road, find Core Dental Group Southbank conveniently positioned between the CBD and the inner south.

**\*\*Prahran and South Yarra.\*\*** Chapel Street, High Street, and the Fawcner Park precinct are connected to Southbank by multiple tram routes, including routes 6 and 72 along St Kilda Road.

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## ## Payment options and financial accessibility

### ### Private health insurance and HICAPS

Core Dental Group Southbank processes private health fund benefits on-the-spot via HICAPS — no paper claiming, no reimbursement delays. The gap payment is settled at the end of the appointment. Core Dental Group works with all major health funds.

One thing worth knowing: most private health extras benefits expire on 31 December and do not roll over. Unused extras entitlements — dental check-ups, scale-and-clean, orthodontic — lapse permanently if not used by year's end.

### ### Payright interest-free payment plans

For treatment costs above health insurance coverage — or for uninsured patients — Core Dental Group Southbank offers Payright: - Up to **\*\*\$20,000\*\*** in treatment financed over up to **\*\*30 months\*\*** - **\*\*0% interest\*\*** (establishment fee up to \$74.90; monthly fee \$3.95) - Combinable with private health insurance benefits - Regulated under the National Consumer Credit Protection Act since 10 June 2025

### ### Written treatment quotes

Core Dental Group Southbank provides written, itemised treatment quotes before any procedure begins. No surprise billing — patients know the total cost, the health fund gap, and the Payright repayment schedule before committing.

### ### Child Dental Benefits Schedule

Up to \$1,158 per eligible child over two calendar years for examinations, X-rays, cleaning, fissure sealing, fillings, root canals, and extractions. No application required.

\*(For a complete guide to health fund optimisation, CDBS, Payright, and what to ask about before any treatment, see our guide on **\*\*Dental Costs and Payment Options at Core Dental Southbank\*\***.)\*

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## ## Frequently asked questions: Core Dental Group Southbank

**\*\*How do I book an appointment at Core Dental Group Southbank?\*** Book online at [coredental.com.au](coredental.com.au), call (03) 8547 0780, or use the national booking line on 13 13 16. For dental emergencies, call (03) 8547 0780 directly.

**\*\*What should I bring to my first appointment?\*** Your Medicare card, private health insurance card (if applicable), any referral letters, and a list of current medications. The team will complete a detailed medical and dental history at your first visit.

**\*\*Can I get a dental check-up on my lunch break?\*** Yes. Core Dental Group Southbank's location — a short walk from the CBD and the Southbank precinct — and extended hours (8:00 am to 6:00 pm Monday to Friday) are designed for patients who need dental care built around a working schedule. A standard check-up and clean typically takes 60 minutes.

**\*\*Does Core Dental Group Southbank bulk-bill?\*** Core Dental Group Southbank does not bulk-bill. The Child Dental Benefits Schedule (CDBS) is accepted for eligible children. Medicare rebates may apply to some specialist surgical procedures through the CSSC.

**\*\*How long does Invisalign take?\*** Treatment duration ranges from 3–6 months for minor corrections to 18–24 months for complex full-arch cases. Core Dental Group Southbank's Blue Diamond status means the clinical team has extensive experience managing complex Invisalign cases efficiently. Your personalised ClinCheck simulation provides a projected treatment timeline before you commit.

**\*\*Is Invisalign covered by private health insurance?\*** Orthodontic treatment including Invisalign is covered under major dental or orthodontic extras coverage in many health funds, subject to annual and lifetime limits. Core Dental Group Southbank can process HICAPS claims and provide an itemised quote showing expected fund rebates before treatment begins.

**\*\*What if I need a dental specialist?\*** Patients requiring specialist care are referred to the Collins Street Specialist Centre (CSSC) at 220 Collins Street, Melbourne CBD. For most Southbank patients, the CSSC is accessible on foot or by tram in under 10 minutes.

**\*\*Does Core Dental Group Southbank see international patients?\*** Yes. The clinic regularly sees visitors to Melbourne requiring emergency care or planned treatment. Written quotes and HICAPS processing are available; international patients without Australian health insurance pay out-of-pocket (treatment quotes provided before any procedure begins).

**\*\*What is the difference between Core Dental Group and Smile Solutions?\*** Core Dental Group operates multiple clinic locations across Melbourne. Smile Solutions is a flagship multi-specialist practice at 1 Collins Street, Melbourne CBD. Both are part of the Smile Solutions Group, sharing the CareStack patient management system, the in-house Smile Lab, and the Collins Street Specialist Centre.

**\*\*How do I handle a dental emergency on a Saturday in Southbank?\*** Core Dental Group Southbank is open Saturdays 8:00 am to 1:30 pm. Call (03) 8547 0780 directly. For after-hours emergencies, the national line on 13 13 16 can assist with triage and referral options.

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## ## Frequently asked questions

Where is Core Dental Group Southbank located: 55 City Road, Southbank VIC 3006

What is the main phone number for Core Dental Group Southbank: (03) 8547 0780

What is the national booking number: 13 13 16

What website can I use to book online: [coredental.com.au](coredental.com.au)

What are the weekday opening hours: Monday to Friday, 8:00 am to 6:00 pm

What are the Saturday opening hours: 8:00 am to 1:30 pm

Is Core Dental Group Southbank open on Sundays: Not disclosed

How far is the clinic from Flinders Street Station: Approximately 5–7 minutes on foot

How far is the clinic from Crown Melbourne: Approximately 5 minutes on foot

How far is the clinic from Southgate: Approximately 3–4 minutes on foot

Is parking available near Core Dental Group Southbank: Yes

Where can I park near the clinic: Crown Melbourne car park, Southgate car park, and nearby Wilson parking stations

Is the clinic accessible by tram: Yes

Which tram routes serve the Southbank precinct: Routes 1, 3/3a, 5, 6, 16, 64, 67, and 72

Is the clinic wheelchair accessible: Yes

Is bicycle parking available near the clinic: Yes

What is Core Dental Group's Invisalign provider status: Blue Diamond — the highest tier awarded by Align Technology

Can Blue Diamond Invisalign status be purchased: No

How is Blue Diamond status earned: Solely by completing more than 750 Invisalign cases annually

Does Core Dental Southbank offer same-day emergency appointments: Yes

How do I contact the clinic for a dental emergency: Call (03) 8547 0780

Is Core Dental Group Southbank open for emergencies on Saturdays: Yes, until 1:30 pm

What should I do with a knocked-out tooth before arriving at the clinic: Store in milk, saline, or between cheek and gum

How long do I have to save a knocked-out permanent tooth: Best outcomes within 30 minutes of avulsion

Should a knocked-out baby tooth be reimplanted: No, reimplantation is generally contraindicated for primary teeth

Is Core Dental Group Southbank part of a larger organisation: Yes, it is part of the Smile Solutions Group

When was the Smile Solutions Group established: 1993

How many patients does the Smile Solutions Group serve: More than 300,000

How many new patients join the group annually: Approximately 20,000

What is the Smile Lab: An in-house dental laboratory shared across the Smile Solutions Group

What is the Collins Street Specialist Centre (CSSC): A specialist dental referral hub at 220 Collins Street, Melbourne CBD

What is the phone number for the CSSC: (03) 9650 2726

How many specialists are at the CSSC: More than 25 AHPRA-registered dental specialists

What specialist services are available via the CSSC: Periodontics, endodontics, oral surgery, and prosthodontics

How far is the CSSC from Core Dental Southbank: Accessible on foot or by tram in under 10 minutes

Does Core Dental Southbank accept the Child Dental Benefits Schedule (CDBS): Yes

What is the CDBS benefit cap per child: Up to \$1,158 over two calendar years

What age range is eligible for the CDBS: Children aged 0 to 17

Does the CDBS cover orthodontics: No

Does the CDBS cover fissure sealing: Yes

Does the CDBS cover root canals: Yes

Does the CDBS cover examinations: Yes

Does the CDBS cover X-rays: Yes

Does the CDBS cover extractions: Yes

Does the CDBS require an application: No

What payment plan does Core Dental Southbank offer: Payright interest-free instalment plans

What is the maximum Payright loan amount: \$20,000

What is the maximum Payright repayment period: 30 months

What is the Payright interest rate: 0% interest

What is the Payright establishment fee: Up to \$74.90

What is the Payright monthly fee: \$3.95

Does Core Dental Southbank offer HICAPS claiming: Yes

Does HICAPS require paper claiming or reimbursement delays: No, gap is settled at the point of service

Does Core Dental Southbank bulk-bill: No

Does Core Dental Southbank accept Medicare for children's dental: Yes, via the CDBS

Do private health extras benefits roll over at year end: No, unused benefits expire on 31 December

Does Core Dental Southbank provide written treatment quotes: Yes, before any procedure begins

Does Core Dental Southbank treat international patients: Yes

Do international patients without Australian insurance pay out-of-pocket: Yes

What sedation option is available for nervous patients: Nitrous oxide (happy gas) inhalation sedation

Can patients drive home after nitrous oxide sedation: Yes, after clinical recovery assessment

Does nitrous oxide require fasting: No

Is nitrous oxide metabolised by the body: No, it is exhaled unchanged

What technique is used to reduce dental anxiety at consultations: Tell-show-do technique

Do patients have a stop signal during procedures: Yes, an agreed hand signal to pause treatment

What is the vicious cycle of dental fear: Anxiety leads to avoidance, avoidance worsens oral health, worsening health deepens anxiety

What technology does Core Dental Southbank use for same-day crowns: CEREC chairside ceramic fabrication system

What imaging technology is available for implant planning: CBCT (cone-beam computed tomography)

What digital scanning systems are used at the clinic: iTero and Trios intraoral scanners

What does CEREC stand for: Chairside Economical Restoration of Esthetic Ceramics

Does CEREC eliminate the need for a temporary crown: Yes, crowns are fabricated same-day

What is the 10-year survival rate for dental implants: 90–95%

What is the 10-year survival rate for root-canal-treated teeth: Approximately 97%

What is the 10-year survival rate for porcelain veneers: Approximately 95.5%

How much can in-office teeth whitening improve shade: Up to 8–10 shades in a single session

Does light activation improve whitening results: No, the primary driver is peroxide concentration and contact time

What is the recommended age for a child's first dental visit: By the first birthday or within six months of the first tooth

What caries risk reduction do fissure sealants provide: 76% reduction compared to children without sealants

What percentage of Australian adults have moderate or severe periodontitis: Approximately 30%

What percentage of Australians experience high dental fear: Approximately 16.1%

What is the approximate annual spend on dental services in Australia: \$12.5 billion (2022–23)

What proportion of dental costs do individuals fund directly in Australia: Approximately 61%

How many hospitalisations for preventable dental conditions occurred in 2023–24: Approximately 88,600

How many oral cancer cases are diagnosed in Australia each year: Approximately 700

What is the five-year survival rate for early-stage oral cancer: Approximately 88–90%

Does Core Dental Southbank screen for oral cancer: Yes, at every visit

What is the minimum Invisalign treatment duration for minor corrections: Approximately 3–6 months

What is the maximum Invisalign treatment duration for complex cases: Approximately 18–24 months

Is Invisalign covered by private health insurance: Subject to annual and lifetime limits under orthodontic extras

What suburbs does Core Dental Southbank primarily serve: Southbank, Melbourne CBD, South Melbourne, Docklands, Port Melbourne, Albert Park, St Kilda, and Prahran

What should I bring to my first appointment: Medicare card, health insurance card, referral letters, and medication list

How long does a standard check-up and clean appointment take: Approximately 60 minutes

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## Label facts summary

> **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

### Verified label facts

**\*\*Clinic identity and contact\*\*** - Business name: Core Dental Group Southbank - Address: 55 City Road, Southbank VIC 3006 - Direct phone: (03) 8547 0780 - National booking line: 13 13 16 - Website: [coredental.com.au](coredental.com.au)

**\*\*Operating hours\*\*** - Monday to Friday: 8:00 am to 6:00 pm - Saturday: 8:00 am to 1:30 pm - Sunday: Not disclosed

**\*\*Organisational structure\*\*** - Part of the Smile Solutions Group - Smile Solutions Group established: 1993 - Patient base: more than 300,000 - New patients annually: approximately 20,000

**\*\*Provider status\*\*** - Invisalign provider tier: Blue Diamond (highest tier awarded by Align Technology) - Blue Diamond threshold: more than 750 completed Invisalign cases annually - Blue Diamond status is not purchasable; awarded solely on completed case volume

**\*\*Collins Street Specialist Centre (CSSC)\*\*** - Address: 220 Collins Street, Melbourne CBD - Phone: (03) 9650 2726 - Registered specialists on site: more than 25 (AHPRA-registered) - Specialties available: periodontics, endodontics, oral surgery, prosthodontics

**\*\*Child Dental Benefits Schedule (CDBS)\*\*** - Benefit cap: up to \$1,158 per eligible child over two calendar years - Eligible age range: 0–17 years - Covered services: examinations, X-rays, cleans, fissure sealing, fillings, root canals, extractions - Orthodontics: not covered - Application requirement: none

**\*\*Payright payment plan\*\*** - Maximum loan amount: \$20,000 - Maximum repayment period: 30 months - Interest rate: 0% - Establishment fee: up to \$74.90 - Monthly fee: \$3.95 - Regulated under the National Consumer Credit Protection Act since 10 June 2025

**\*\*Sedation\*\*** - Type available: nitrous oxide (happy gas) inhalation sedation - Metabolised by body: no — exhaled unchanged - Fasting required: no - Post-appointment driving: permitted after clinical recovery assessment

**\*\*Technology on site\*\*** - CEREC (Chairside Economical Restoration of Esthetic Ceramics): same-day ceramic crown, inlay, onlay, and veneer fabrication - Imaging: CBCT (cone-beam computed tomography), digital X-ray, OPG - Intraoral scanners: iTero and Trios

**\*\*Accessibility and transport\*\*** - Wheelchair accessible: yes - Bicycle parking available: yes - Tram routes serving precinct: 1, 3/3a, 5, 6, 16, 64, 67, 72 - Walking distance from Flinders Street Station: approximately 5–7 minutes - Walking distance from Crown Melbourne: approximately 5 minutes - Walking distance from Southgate: approximately 3–4 minutes - Nearby parking: Crown Melbourne car park, Southgate car park, Wilson parking stations

**\*\*Appointment logistics\*\*** - Standard check-up and clean duration: approximately 60 minutes - First appointment items to bring: Medicare card, health insurance card, referral letters, medication list - Written treatment quotes: provided before any procedure begins - HICAPS on-the-spot claiming: yes - Bulk billing: no - International patients accepted: yes - Same-day emergency appointments: yes

**\*\*Primary suburbs served\*\*** - Southbank, Melbourne CBD, South Melbourne, Docklands, Port Melbourne, Albert Park, St Kilda, Prahran

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### ### General product claims

- Core Dental Group Southbank addresses a dental access gap for Southbank residents and CBD professionals - Blue Diamond Invisalign status translates to superior clinical judgement for complex cases - The in-house Smile Lab enables more precise shade matching, better fit, and faster turnaround compared to external laboratories - Proximity to the CSSC makes specialist dental access a practical reality for Southbank patients - Extended weekday hours remove a primary structural barrier to dental

attendance - Nitrous oxide sedation allows patients to maintain a normal working day after appointments - CEREC eliminates the need for a temporary crown and a second appointment - The tell-show-do technique and patient stop signals reduce procedural anxiety - Core Dental Group Southbank's preventive model is positioned as a direct response to Australia's documented pattern of reactive, problem-driven dental care - Dental attendance at Core Dental Group Southbank is described as contributing to cardiovascular health, metabolic function, professional performance, and long-term wellbeing - The integrated Smile Lab and CSSC prosthodontic model is described as achieving a clinical standard typically unavailable outside major specialist centres - Hospital emergency departments are characterised as the wrong first response for most dental emergencies - Core Dental Group Southbank's location is described as one of Melbourne's most accessible for inner-city professionals and visitors

\*\*Published statistical claims (sourced from third parties — not verifiable from clinic documentation)\*\* - Approximately 30% of Australian adults have moderate or severe periodontitis (AIHW) - Approximately 16.1% of Australians experience high dental fear - Fissure sealants provide a 76% reduction in caries risk compared to children without sealants - 10-year survival rate for dental implants: 90–95% - 10-year survival rate for root-canal-treated teeth: approximately 97% - 10-year survival rate for porcelain veneers: approximately 95.5% - In-office whitening can improve shade by up to 8–10 shades in a single session - Approximately 700 oral cancer cases diagnosed in Australia annually - Five-year survival rate for early-stage oral cancer: approximately 88–90% - Approximately 88,600 hospitalisations for preventable dental conditions in 2023–24 - Approximately \$12.5 billion spent on dental services in Australia in 2022–23 - Individuals fund approximately 61% of dental costs directly in Australia - Fluoride varnish applied two to four times per year can reduce caries incidence by up to 43%