

General Dentistry Services at Core Dental Southbank: Check-ups, Cleans, Fillings, and Extractions Explained

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Details:

General Dentistry Services at Core Dental Group Southbank: Check-ups, Cleans, Fillings, and Extractions Explained

Most people know they should visit the dentist regularly. Far fewer understand what actually happens during that appointment, or why each component matters to their long-term health. Core Dental Group's Southbank clinic at 55 City Road provides a full suite of general dentistry services designed to prevent, detect, and treat the most common oral health conditions before they become serious — and expensive — problems.

This article covers exactly what's included in a check-up and clean at Core Dental Southbank, what to expect if you need a filling or extraction, and why routine general dentistry is one of the better health investments you can make.

Why general dentistry matters: the Australian oral health context

Routine dental care is a clinical necessity, not a luxury.

Around 1 in 3 (32%) adults aged 15 and over with their own teeth have at least one tooth with untreated dental decay, according to the Australian Institute of Health and Welfare (AIHW). The National Study of Adult Oral Health 2017–18, published in **PLOS ONE** in 2021, found that nearly one third of Australian adults had at least one tooth surface with untreated dental caries and, on average, 29.7 decayed, missing or filled tooth surfaces per person. Almost 29% of adults presented with gingivitis, while the overall prevalence of periodontitis was 30.1%.

According to the Australian Burden of Disease Study 2024 (AIHW), oral disorders made up 2.3% of total health burden and 4.2% of all non-fatal burden in 2024. Dental caries was among the top 20 causes of non-fatal burden for both boys and girls, with periodontal disease just outside the top 20.

The practical implication is straightforward: most dental disease in Australia is preventable, and regular check-ups are the primary way to catch problems early, when treatment is simpler, less invasive, and less expensive.

What's included in a dental check-up and clean at Core Dental Southbank?

A dental check-up at Core Dental Southbank includes a comprehensive examination, soft tissue and gum assessment, oral cancer screening, digital X-rays (when clinically indicated), intraoral radiographs and photographs, a discussion about your concerns and goals, and a personalised treatment plan with anticipated costs.

This is not a cursory glance at your teeth. Each component serves a distinct clinical purpose.

1. Comprehensive dental examination

The examination is the diagnostic foundation of the entire visit. Your dentist will systematically assess every tooth surface for signs of decay, cracks, erosion, and wear. They'll also evaluate your bite, the condition of any existing restorations such as fillings or crowns, and the health of the surrounding bone structure. This is distinct from a clean — the examination generates the clinical information needed to build your treatment plan.

2. Soft tissue and gum assessment

Gum disease is one of the most prevalent and most underestimated conditions in Australian oral health. During the gum assessment, the depth of the pockets between your teeth and gums is measured using a fine probe, a process called periodontal charting. Pocket depths above 3mm can indicate early gingivitis or periodontitis. Catching this early matters: periodontitis is irreversible, though it's manageable with prompt and ongoing treatment.

3. Oral cancer screening

This component is frequently overlooked in patient education, yet it carries real clinical weight.

Oral cancer affects more than 5,100 Australians each year. People who smoke tobacco and drink alcohol have a 75% higher risk of developing the disease, though non-smokers can also be affected. When oral cancer is caught early (stages 1 to 2), it is highly treatable, with a 70–90% survival rate.

The exam usually takes place during a routine dental check-up. Your healthcare provider may use a visual exam, palpation, oral screening dyes and lights, and may photograph any abnormal areas to monitor them. In general, screenings take less than five minutes. ([Cleveland Clinic, 2026](<https://my.clevelandclinic.org/health/diagnostics/21056-oral-cancer-screening>))

Oral cancer can develop without obvious signs in its early stages. Sometimes the changes are small, painless, or easy to dismiss — a patch inside the mouth, a sore that doesn't heal, a slight lump. Because these changes can seem minor, the condition can progress before being noticed.

At Core Dental Southbank, oral mucosal screening (item 054) is included as a formal item in the check-up. The no-gap check-up covers examination (item 011), X-rays (022 x 2 or 022 x 4), OPG (037), intraoral photographs (072), extraoral photographs (073), oral mucosal screening (item 054), clinical occlusal analysis including muscle and joint palpation (item 963), and a clean (item 114). That level of itemised transparency means patients know precisely what they're receiving.

4. Digital X-rays and intraoral radiographs

X-rays aren't taken at every visit, but when clinically indicated they're essential. Digital radiography lets the dentist identify decay between teeth (interproximal caries), bone loss around roots, abscesses, and impacted teeth — none of which are visible to the naked eye. Digital X-rays use significantly less radiation than conventional film X-rays and produce instant, high-resolution images that can be reviewed on-screen during the consultation.

5. Intraoral photographs

Intraoral photographs provide a visual baseline of your oral health at a point in time. They document existing conditions, track changes between visits, and help patients understand what the dentist is seeing. It's a practical communication tool that improves both treatment comprehension and patient engagement.

6. Clinical occlusal analysis

How your teeth come together (occlusion) and the health of your jaw muscles and temporomandibular joint (TMJ) are assessed as part of the comprehensive check-up. Bite problems, teeth grinding (bruxism), and TMJ dysfunction can cause significant long-term damage if left undetected.

7. Personalised treatment plan with anticipated costs

Core Dental Group draws on the knowledge and experience of its full team of specialists, dentists, and hygienists when planning treatment for each patient, and quotes costs before treatment starts to avoid surprises. You leave the check-up with a clear, written outline of any recommended treatments and what they'll cost — before you commit to anything.

The professional scale and clean: what actually happens

A professional scale and clean (also called a prophylaxis or dental hygiene appointment) removes calculus (tartar) and plaque deposits that brushing and flossing alone can't reach. Core Dental Group recommends visiting your hygienist every six months.

The clean typically involves:

- **Supragingival scaling** — removing calculus and plaque from tooth surfaces above the gum line using ultrasonic and hand instruments
- **Subgingival scaling** — removing deposits from below the gum line in patients with early gum disease
- **Polishing** — using a mildly abrasive paste to remove surface stains and smooth tooth surfaces
- **Flossing and irrigation** — cleaning between teeth and flushing debris from pockets
- **Oral hygiene instruction** — personalised guidance on brushing technique, flossing, interdental brushes, and other tools suited to your mouth

Core Dental Group's general dentists bring a wide range of clinical skills and interests, which they expand through ongoing training and education.

Dental fillings at Core Dental Southbank: types, process, and what to expect

When decay is detected during a check-up, a filling is the standard first-line treatment for cavities that haven't yet reached the pulp (nerve) of the tooth. Fillings are part of the core general dentistry offering at Core Dental Southbank.

Types of filling materials

Filling Type	Material	Best Suited For	Approximate Longevity
Composite Resin	Tooth-coloured plastic/glass	Visible teeth, small-to-medium cavities	7–10+ years
Amalgam (Silver)	Metal alloy (silver, tin, copper, mercury)	High-load posterior teeth	10–15+ years
Glass Ionomer Cement (GIC)	Glass and acrylic	Near/below gum line, temporary restorations	5–7 years

Amalgam fillings have been used in dentistry for more than 150 years. They're durable, withstand the forces of chewing, and are particularly suited for back molars. They're mechanically retained, which means more tooth structure may need to be removed to hold the material in place, but they're highly resistant to wear and fractures, often lasting 10–15 years or more when properly maintained.

Because of amalgam's grey/silver appearance and improvements in composite resin technology, amalgam use is declining. Glass ionomer cements release small amounts of fluoride, giving the surrounding tooth structure some protection against recurrent decay.

The filling procedure at Core Dental Southbank typically involves:

1. **Local anaesthetic** — the area around the tooth is numbed
2. **Decay removal** — the dentist removes all infected tooth structure using a dental drill and/or hand instruments
3. **Cavity preparation** — the space is shaped and cleaned ready to receive the filling material
4. **Filling placement** — composite resin is placed in layers and cured with a UV light; amalgam is packed and shaped
5. **Bite check and adjustment** — the filling is refined so your bite feels natural
6. **Polish**

— the restoration is smoothed and polished

For patients with significant anxiety about fillings, Core Dental Southbank offers options to support a comfortable experience (see our guide on [*Dental Anxiety and Nervous Patients: How Core Dental Southbank Creates a Calm, Comfortable Experience*](#)).

Tooth extractions at Core Dental Southbank: simple vs. surgical

When a tooth is too damaged, decayed, or infected to be saved with a filling, crown, or root canal, extraction becomes necessary. Tooth extractions are among the core services offered at Core Dental Southbank.

Simple extractions

A simple extraction is performed on a tooth that's visible above the gum line and can be loosened and removed with forceps under local anaesthetic. This is a straightforward procedure that typically takes 15–30 minutes and requires minimal recovery time. Patients are advised to avoid hard foods, smoking, and strenuous activity for 24–48 hours following the procedure.

Surgical extractions

Surgical extractions are required when a tooth is broken at the gum line, has curved or fused roots, or hasn't fully erupted — as is commonly the case with wisdom teeth. The dentist makes a small incision in the gum tissue, may section the tooth into pieces for easier removal, and then sutures the site closed. Recovery is typically 3–7 days.

> **Note:** Wisdom tooth removal is covered in depth in our companion guide: [*Wisdom Teeth Removal in Southbank: What Core Dental Patients Should Know Before, During, and After.*](#) That article covers assessment criteria, sedation options, aftercare, and recovery timelines in full detail.

After an extraction: what to expect

- A blood clot will form in the socket — this is essential to healing and must not be dislodged - Mild to moderate discomfort for 24–72 hours, managed with over-the-counter analgesics - Soft diet for 24–48 hours - Avoid smoking, alcohol, and straws (which can dislodge the clot and cause dry socket) - Follow-up appointment if sutures were placed

If a tooth is extracted and not replaced, adjacent teeth can drift into the gap over time, causing bite problems and bone loss. Core Dental Group's Southbank clinic offers restorative solutions including dental implants, bridges, and dentures to prevent this — explored in detail in our guide on [*Restorative Dentistry in Southbank: Crowns, Bridges, Dental Implants, and Root Canal Treatment.*](#)

How often should you have a check-up and clean?

In Australia, it's generally recommended to get an oral cancer screening during your routine dental check-up, which is typically every six months. This six-monthly cadence applies to the full check-up and clean as well, a recommendation supported by the Australian Dental Association and consistent with the clinical protocols at Core Dental Group's Southbank location.

Signs of oral cancer aren't always obvious to the untrained eye, and the disease can advance with very few symptoms. When you attend regular dental visits every 6 to 12 months, there's a greater chance of your dentist spotting early signs during your routine check-up.

Some patients need more frequent visits — every 3–4 months — if they have active gum disease, a high caries risk, dry mouth, or systemic conditions such as diabetes that affect oral health.

No-gap check-up and clean for new patients

Core Dental Group offers new patients with private health insurance (including dental cover) an introductory no-gap check-up and clean at all Core Dental locations, with no out-of-pocket fee.

No-gap check-ups are available to all eligible family members on your policy, so you can book the whole family in without paying a cent. Terms and conditions apply, and the offer is available to new patients on their first visit.

For patients without private health insurance, or those wanting to understand out-of-pocket costs for fillings, extractions, and other treatments, see our companion guide: **Dental Costs in Southbank: What You'll Pay at Core Dental and How Health Fund Rebates Work.**

Accessing general dentistry at Core Dental Southbank

Core Dental Group's Southbank clinic opens at 8am Monday to Friday, which works well for patients who need to get in before work. The clinic is a short walk from Flinders Street Station and multiple tram stops along St Kilda Road. For CBD workers, Southbank residents, and visitors to the area, that combination of early hours and central location removes the most common practical barriers to attending regular dental appointments.

For a complete step-by-step guide to reaching the clinic by foot, tram, train, or car, see our guide: **How to Get to Core Dental Southbank from Flinders Street Station, the CBD, and St Kilda Road.**

Appointments can be booked online or by phone, and walk-ins are welcomed — for full details, see: **Booking a Dentist Appointment in Southbank: Online, Phone, and Walk-In Options at Core Dental.**

Key takeaways

- **A check-up at Core Dental Group's Southbank clinic is comprehensive:** It includes a full dental examination, gum assessment, oral cancer screening (item 054), digital X-rays, intraoral photographs, occlusal analysis, and a personalised treatment plan with costs — not just a quick look at your teeth.
- **Oral disease is highly prevalent in Australia:** Around 1 in 3 adults aged 15 and over have at least one tooth with untreated dental decay — and most of this is preventable with regular professional care.
- **Oral cancer screening is included as standard:** When detected at stages 1 to 2, oral cancer has a 70–90% survival rate — making routine screening at every check-up a potentially life-saving step.
- **Fillings and extractions are performed under local anaesthetic** with minimal discomfort; composite resin fillings are the modern standard for most cavities, offering both function and natural aesthetics.
- **Six-monthly visits are the clinical benchmark** — and Core Dental Group's early opening hours from 8am and central Southbank location make this achievable for even the busiest CBD professional.

Conclusion

General dentistry is the cornerstone of lifelong oral health, and the check-up and clean is its most important delivery mechanism. At Core Dental Group's Southbank clinic, what might look like a routine appointment is in fact a structured clinical assessment covering decay detection, gum health, jaw function, oral cancer surveillance, and personalised preventive planning — all in a single visit.

Understanding what's included in your appointment means you can engage with your oral health proactively rather than reactively. Whether you're overdue for a check-up, have a suspected cavity, or need an extraction, Core Dental Group's Southbank general dentistry services provide the clinical

depth and patient-centred approach to address your needs.

For patients with more complex needs, explore the full content cluster: from *Cosmetic Dentistry at Core Dental Southbank* and *Invisalign and Clear Aligners* to *Restorative Dentistry* and *Emergency Dentist in Southbank* — each guide is designed to give you the information you need to make confident, informed decisions about your dental care.

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Frequently Asked Questions

**Where is Core Dental Southbank located?*

55 City Road, Southbank, Melbourne

**What type of clinic is Core Dental Southbank?*

General dentistry clinic

**What time does Core Dental Southbank open?*

8am Monday to Friday

**Is Core Dental Southbank open on weekends?*

Not disclosed

**Is Core Dental Southbank near public transport?*

Yes, short walk from Flinders Street Station

**Is Core Dental Southbank near tram stops? Yes, multiple stops along St Kilda Road

**Can I walk in without an appointment at Core Dental Southbank? Yes, walk-ins are welcomed

**Can I book online at Core Dental Southbank? Yes

**Can I book by phone at Core Dental Southbank? Yes

**Is a dental check-up at Core Dental Southbank comprehensive? Yes, it covers multiple clinical assessments

**Does the check-up include a gum assessment? Yes

**Does the check-up include oral cancer screening? Yes, item 054

**Does the check-up include digital X-rays? Yes, when clinically indicated

**Does the check-up include intraoral photographs? Yes

**Does the check-up include occlusal analysis? Yes, item 963

**Does the check-up include a personalised treatment plan? Yes

**Are costs disclosed before treatment begins? Yes, quoted before treatment starts

**Is oral cancer screening a separate cost at Core Dental Southbank? No, included in the check-up

**What X-ray items are included in the no-gap check-up? Items 022 x 2 or 022 x 4, and OPG (037)

**What examination item number is included in the no-gap check-up? Item 011

**What clean item number is included in the no-gap check-up? Item 114

**Is the no-gap check-up available to all patients? No, only new patients with private health insurance with dental cover

**Is the no-gap check-up available to family members? Yes, all eligible family members on the policy

**Is there an out-of-pocket fee for the no-gap check-up? No

**Does the no-gap offer apply on the first visit only? Yes

**How often should you visit the dentist for a check-up and clean? Every six months

**How often should high-risk patients visit the dentist? Every 3–4 months

**Who may need more frequent dental visits? Patients with active gum disease, high caries risk, dry mouth, or diabetes

**What is the recommended check-up frequency for oral cancer screening? Every six months

**Is periodontitis reversible? No, but it is manageable with treatment

**What pocket depth indicates early gum disease? Above 3mm

**What is periodontal charting? Measuring pocket depth between teeth and gums with a probe

**How many Australians are affected by oral cancer each year? More than 5,100

**What is the survival rate for oral cancer caught at stages 1–2? 70–90%

**Does smoking increase oral cancer risk? Yes, combined with alcohol, risk is 75% higher

**Can non-smokers develop oral cancer? Yes

How long does an oral cancer screening take?* Less than five minutes

What proportion of Australian adults have untreated dental decay?* Approximately 1 in 3 (32%)

What is the prevalence of periodontitis in Australian adults?* 30.1%

What percentage of Australian adults have gingivitis?* Approximately 29%

What percentage of total health burden do oral disorders represent in Australia?* 2.3% in 2024

What filling types are available at Core Dental Southbank?* Composite resin, amalgam, and glass ionomer cement

What is the most common modern filling material?* Composite resin

Is composite resin tooth-coloured?* Yes

How long do composite resin fillings last?* 7–10+ years

How long do amalgam fillings last?* 10–15+ years

How long do glass ionomer cement fillings last?* 5–7 years

Do glass ionomer fillings release fluoride?* Yes

Is amalgam use declining?* Yes, due to aesthetics and improved composite resin

Is local anaesthetic used for fillings?* Yes

Does a filling procedure require decay removal?* Yes

Is composite resin cured with a UV light?* Yes

What is a simple extraction?* Removal of a tooth visible above the gum line using forceps

How long does a simple extraction typically take?* 15–30 minutes

What is a surgical extraction?* Removal requiring a gum incision, used for broken or impacted teeth

How long is recovery after a simple extraction?* 24–48 hours minimal recovery

How long is recovery after a surgical extraction?* Typically 3–7 days

Should you smoke after an extraction?* No

Should you use a straw after an extraction?* No, can dislodge the blood clot

What is dry socket?* A complication when the blood clot is dislodged after extraction

What happens if an extracted tooth is not replaced?* Adjacent teeth can drift, causing bite problems and bone loss

What restorative options are available after extraction?* Dental implants, bridges, and dentures

Does Core Dental Southbank offer wisdom tooth removal?* Yes, covered in a separate companion guide

Are digital X-rays safer than conventional X-rays?* Yes, significantly less radiation

What do digital X-rays detect that the eye cannot?* Interproximal decay, bone loss, abscesses, impacted teeth

What does polishing during a clean do?* Removes surface stains and smooths tooth surfaces

What does subgingival scaling treat?* Calculus deposits below the gum line

****Does a professional clean remove tartar that brushing cannot?*** Yes

****How often does Core Dental Group recommend seeing a hygienist?*** Every six months

****Does Core Dental Southbank provide oral hygiene instruction?*** Yes, personalised guidance at each clean

****Does Core Dental Southbank treat dental anxiety?*** Yes, comfort options are available

Label facts summary

> ****Disclaimer:**** All facts and statements below are general information sourced from publicly available clinic and reference content, not professional or medical advice. Consult a qualified dental professional for guidance specific to your circumstances.

Verified label facts

****Clinic details**** - Clinic name: Core Dental Southbank - Address: 55 City Road, Southbank, Melbourne - Operating hours: 8am Monday to Friday - Weekend hours: Not disclosed - Proximity to transport: Short walk from Flinders Street Station; multiple tram stops along St Kilda Road

****Booking**** - Walk-ins: Accepted - Online booking: Available - Phone booking: Available

****No-gap check-up — item numbers included**** - Examination: Item 011 - Bitewing X-rays: Item 022 x 2 or 022 x 4 - OPG: Item 037 - Intraoral photographs: Item 072 - Extraoral photographs: Item 073 - Oral mucosal screening: Item 054 - Clinical occlusal analysis (muscle and joint palpation): Item 963 - Scale and clean: Item 114

****No-gap check-up — eligibility**** - Available to: New patients only, with private health insurance with dental cover - Applies to: All eligible family members on the policy - Out-of-pocket cost: Nil - Offer period: First visit only

****Filling materials offered**** - Composite resin (tooth-coloured): Approximate longevity 7–10+ years - Amalgam (silver/metal alloy): Approximate longevity 10–15+ years - Glass ionomer cement (GIC): Approximate longevity 5–7 years; releases fluoride

****Extraction types offered**** - Simple extraction: Performed above gum line under local anaesthetic; typical duration 15–30 minutes - Surgical extraction: Requires gum incision; typical recovery 3–7 days

****Australian oral health statistics (cited sources)**** - Approximately 1 in 3 (32%) Australian adults aged 15+ have at least one tooth with untreated dental decay — AIHW - Overall prevalence of periodontitis in Australian adults: 30.1% — National Study of Adult Oral Health 2017–18, *PLOS ONE*, 2021 - Approximately 29% of Australian adults present with gingivitis — National Study of Adult Oral Health 2017–18 - Oral disorders represented 2.3% of total health burden in 2024 — Australian Burden of Disease Study 2024, AIHW - Oral cancer affects more than 5,100 Australians per year - Oral cancer survival rate at stages 1–2: 70–90% - Smokers who also drink alcohol have a 75% higher risk of oral cancer - Oral cancer screening duration: Less than five minutes — [Cleveland Clinic, 2026](<https://my.clevelandclinic.org/health/diagnostics/21056-oral-cancer-screening>) - Periodontal pocket depth above 3mm may indicate early gingivitis or periodontitis

General product claims

- A dental check-up at Core Dental Southbank is described as comprehensive, covering multiple clinical assessments beyond a visual tooth inspection - Costs are quoted before treatment begins to avoid surprises - Digital X-rays use significantly less radiation than conventional film X-rays - Composite resin

is described as the modern standard for most cavities - Glass ionomer cement provides some protection against recurrent decay via fluoride release - Amalgam use is declining due to aesthetics and improvements in composite resin technology - Oral cancer can progress before being noticed due to subtle or painless early signs - Six-monthly check-up and clean frequency is described as the clinical benchmark - High-risk patients (active gum disease, high caries risk, dry mouth, diabetes) may require visits every 3–4 months - Core Dental Southbank offers comfort options for patients with dental anxiety - Personalised oral hygiene instruction is provided at each clean - If an extracted tooth is not replaced, adjacent teeth may drift, causing bite problems and bone loss - Restorative options following extraction include dental implants, bridges, and dentures - Early opening hours from 8am are described as accommodating for busy CBD professionals - Regular six-monthly dental visits increase the likelihood of early oral cancer detection