

# Restorative Dentistry in Southbank: Crowns, Bridges, Dental Implants, and Root Canal Treatment

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## Details:

### ## Core Dental Group Restorative Dentistry in Southbank: Crowns, Bridges, Dental Implants, and Root Canal Treatment

When a tooth is cracked, decayed beyond what a filling can fix, or missing altogether, restorative dentistry is what steps in. Unlike preventive care, which aims to stop problems before they start, or cosmetic dentistry, which is focused on appearance, restorative procedures have one clear clinical goal: rebuild tooth structure, restore function, and protect what remains of the natural dentition. Core Dental Group, located at Southbank in Melbourne's CBD precinct, offers the full range of these treatments under one roof at Core Dental Southbank, 55 City Road.

This guide walks through the four most significant restorative procedures available at Core Dental Group's Southbank practice: dental crowns, bridges, implants, and root canal therapy. It covers when each treatment is clinically appropriate, what the procedure actually involves, and what patients can realistically expect during recovery. If you're researching a specific concern, this article is designed to give you the depth of information you need before your first consultation.

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### ## What is restorative dentistry? A clear definition

Restorative dentistry covers the diagnosis, prevention, and treatment of oral disease, along with restoring the mouth to a functional, comfortable state. It includes both direct restorations, carried out in a single visit like composite fillings, and indirect restorations, which are made outside the mouth and then cemented or fixed in place, such as crowns and bridges.

The four procedures covered here are all indirect or surgical restorations. They require planning, often more than one appointment, and in the case of implants, a surgical procedure. They're distinct from routine fillings and extractions, which are covered in our companion guide on [General Dentistry Services at Core Dental Southbank: Check-ups, Cleans, Fillings, and Extractions Explained].

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### ## Dental crowns: when a filling is no longer enough

#### ### What is a dental crown?

A dental crown is a tooth-shaped cap placed over an existing tooth, covering it entirely from the gum line upward. Crowns restore the shape, size, strength, and appearance of a tooth that has been significantly damaged or weakened.

#### ### When is a crown recommended?

A crown is typically the right call when:

- A tooth has a fracture or crack that extends below the gum line - Decay has destroyed more than 50% of the tooth structure - A tooth has undergone root canal treatment and needs protection (see the root canal section below) - An existing large filling has failed and there isn't enough tooth structure left for a replacement filling - A tooth is severely worn from bruxism (teeth grinding) - A crown is needed to anchor a dental bridge

### Crown materials: porcelain, zirconia, and metal

Modern crown options available at Core Dental Group's Southbank practice typically include:

| Material | Best For | Approximate Lifespan | |---|---|---| | Monolithic Zirconia | Back teeth, high-force areas | 10–15+ years | | Porcelain-Fused-to-Metal (PFM) | Posterior teeth, durability | 10–15 years | | All-Ceramic / Lithium Disilicate | Front teeth, aesthetics | 10–15 years | | Gold Alloy | Molars, heavy grinders | 20+ years |

The clinical evidence on crown longevity is encouraging. Research published in the *\*Journal of Prosthodontics\** shows zirconia crowns surviving beyond 10 years at rates exceeding 95%. A retrospective cohort study in the *\*Journal of Prosthetic Dentistry\** (2025) found 10-year cumulative survival rates of 86.0% for monolithic zirconia crowns and 71.0% for porcelain-fused zirconia crowns. Monolithic zirconia, the solid non-layered form, consistently outperforms veneered alternatives for posterior teeth where bite forces are highest.

For patients who grind their teeth, molars endure greater bite forces, and zirconia or gold-alloy restorations can survive 20 years or more with proper care. For molars specifically, high-strength zirconia and gold crowns offer the best durability with minimal wear on opposing teeth.

### The crown procedure: step by step

1. **\*\*Assessment and planning\*\*** — Digital X-rays and clinical examination determine whether the tooth is restorable
2. **\*\*Tooth preparation\*\*** — The dentist reduces the outer surface of the tooth (typically 1–2 mm) to create space for the crown
3. **\*\*Impression or digital scan\*\*** — A precise mould or intraoral scan is taken and sent to a dental laboratory
4. **\*\*Temporary crown\*\*** — A provisional crown protects the prepared tooth while the permanent crown is fabricated (typically 1–2 weeks)
5. **\*\*Crown fitting and cementation\*\*** — The permanent crown is checked for fit, bite, and aesthetics before being permanently cemented

### Recovery expectations

Most patients experience mild sensitivity and gum tenderness for a few days after tooth preparation, and this settles fairly quickly. The permanent crown, once cemented, should feel natural within 1–2 weeks as you adapt to the new bite. How well a crown performs over time depends on a range of factors: overall health, oral hygiene habits, diet, pH levels, and the forces placed on it during chewing.

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## Dental bridges: replacing a missing tooth without surgery

### What is a dental bridge?

A dental bridge is a fixed prosthetic device that literally bridges the gap left by one or more missing teeth. It consists of one or more artificial teeth (called pontics) held in place by crowns cemented onto the natural teeth on either side of the gap (called abutment teeth).

### When is a bridge recommended?

A bridge tends to be the right option when:

- One or two adjacent teeth are missing
- The neighbouring teeth are healthy enough to support crowns
- Sufficient bone and gum tissue exists
- The patient prefers a fixed, non-removable solution without

surgery - Dental implants aren't suitable due to insufficient bone or medical factors

### ### Bridge survival: what the evidence shows

Based on studies with follow-up times of up to 10 years, the estimated 3-year dental bridge survival rate is approximately 94%. At five years, that figure sits between 89% and 91%, and at 10 years, between 79% and 82%.

These figures reflect conventional tooth-supported bridges. Resin-bonded bridges (Maryland bridges), which use minimal tooth preparation, show somewhat different outcomes: an estimated five-year survival rate of 87.7% (95% CI: 81.6 to 91.9).

### ### The trade-off: abutment tooth preparation

The main clinical drawback of a conventional bridge is that the two healthy neighbouring teeth must be permanently reduced to accept the supporting crowns. This step is irreversible. For patients with otherwise healthy adjacent teeth, that's a significant consideration, and it's one reason why dental implants are often the preferred option for suitable candidates.

### ### The bridge procedure: step by step

1. **Assessment** — Evaluation of abutment teeth health, bone, and occlusion
2. **Abutment preparation** — The two supporting teeth are shaped to receive crowns
3. **Impression or digital scan** — Sent to a laboratory for bridge fabrication
4. **Temporary bridge** — Worn while the permanent bridge is made
5. **Fitting and cementation** — The bridge is bonded permanently in place

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## ## Dental implants: the gold standard for tooth replacement

### ### What is a dental implant?

A dental implant is a titanium post surgically placed into the jawbone to replace the root of a missing tooth. Once the implant integrates with the bone through a process called osseointegration, a ceramic crown is attached on top, creating a restoration that looks, feels, and functions like a natural tooth.

For a complete procedural walkthrough of the implant journey at Core Dental Group's Southbank practice, from bone assessment through to crown fitting, see our dedicated guide: [Dental Implants in Southbank: A Step-by-Step Guide to the Implant Process at Core Dental].

### ### When is an implant recommended?

Implants are a good fit when:

- One or more teeth are missing and the patient prefers not to involve adjacent teeth
- Sufficient bone volume exists, or can be restored with bone grafting
- The patient is in good general health with no uncontrolled systemic conditions
- The patient is a non-smoker or willing to quit (smoking significantly increases failure risk)
- The patient has completed jaw growth (generally 18+ years of age)

### ### Implant success rates: the clinical evidence

Implants are consistently the most evidence-supported tooth replacement option available. Peer-reviewed research puts the success rate at 95% to 98% within the first five years, and long-term studies tracking patients for 20+ years show survival rates above 90%.

A large-scale retrospective analysis of 158,824 implants conducted across a national healthcare network found a clinical success rate of 97.83% (2.17% failure), statistically comparable to the general implant population.

Four out of five dental implants are still functioning after 20 years, a survival record that bridges, dentures, and other tooth replacement methods haven't matched.

When implants do fail, timing matters. Failures are predominantly early, within the first year, accounting for 70% of losses. This is why the healing and osseointegration phase is so critical, and why following post-surgical care instructions carefully makes a real difference.

### ### The implant process: a timeline overview

| Phase | Timeframe | What Happens | |---|---|---| | Assessment | Week 1–2 | CBCT scan, bone evaluation, treatment planning | | Implant placement | Day of surgery | Titanium post inserted under local anaesthetic | | Osseointegration | 3–6 months | Bone fuses to implant surface | | Abutment placement | After integration | Connector piece attached to implant | | Crown fitting | 2–4 weeks later | Custom ceramic crown cemented |

The total treatment timeline from placement to final crown is typically 4–9 months, depending on bone quality and whether grafting is required.

### ### Key risk factors for implant failure

Research identifies peri-implantitis, an inflammatory condition affecting the tissues around implants, as the leading cause of failure at 38% of cases. Failed osseointegration accounts for 24%, and mechanical complications such as fractures and screw loosening account for 18%.

Problems can develop after 7 or 10 years, even when there have been no previous complications. Routine examinations and professional hygiene care of the restoration can significantly improve long-term implant survival.

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## ## Root canal treatment: saving the natural tooth

### ### What is root canal treatment?

Root canal treatment (RCT), also called endodontic therapy, removes infected or inflamed pulp tissue from inside a tooth, cleans and shapes the root canals, and seals them to prevent re-infection. The goal is to eliminate pain, save the natural tooth, and avoid extraction.

Root canal therapy is one of the most misunderstood procedures in dentistry. Modern techniques, including rotary instrumentation and digital imaging, have made the procedure no more uncomfortable than a standard filling for most patients. Patients with significant dental anxiety should also read our guide on [Dental Anxiety and Nervous Patients: How Core Dental Southbank Creates a Calm, Comfortable Experience].

### ### When is root canal treatment needed?

RCT is indicated when:

- The dental pulp (the soft tissue containing nerves and blood vessels) becomes infected or inflamed - A deep cavity has reached the nerve - A tooth has been cracked or fractured, exposing the pulp - A tooth has suffered trauma, causing pulp death - Repeated dental procedures have caused pulp inflammation - A dental abscess has formed at the root tip

Symptoms that may indicate you need root canal treatment include:

- Severe toothache, especially when chewing or applying pressure - Prolonged sensitivity to heat or cold - Darkening or discolouration of the tooth - Swelling or tenderness in nearby gums - A persistent pimple on the gums (sinus tract)

### ### Root canal success rates: what the research shows

A systematic review based on randomised clinical trials reported that the pooled probability of long-term tooth survival after root canal treatment ranged between 93% at 4–5 years and 87% at 8–10 years.

A 2025 meta-analysis published in the *British Dental Journal* comparing root canal therapy with regenerative endodontic procedures found that root canal treatment achieved an 89% success rate (95% CI: 77%–95%).

With success rates commonly exceeding 90% at 10 years and substantial survival even beyond 30 years, root canal therapy remains a cornerstone of conservative dental care.

### ### The critical role of post-treatment restoration

Root canal treatment alone doesn't complete the restoration. A tooth that has undergone RCT is structurally weakened and must be protected with a crown. Timing matters here more than many patients realise. Delays beyond 60 days in placing a core post or a definitive crown increase failure risk, with hazard ratios of 1.08 and 1.14 respectively. Prompt restoration, ideally within a month after endodontic treatment, is essential.

### ### The root canal procedure: step by step

1. **Diagnosis** — Clinical examination and X-rays (sometimes CBCT) to assess the extent of infection
2. **Local anaesthesia** — The tooth and surrounding area are thoroughly numbed
3. **Rubber dam placement** — Isolates the tooth and maintains a sterile field
4. **Access opening** — A small opening is made through the crown of the tooth
5. **Canal cleaning and shaping** — Infected pulp is removed using fine rotary instruments; canals are shaped and irrigated
6. **Canal filling** — Canals are filled with gutta-percha and sealed with biocompatible cement
7. **Temporary or permanent filling** — The access opening is sealed
8. **Crown placement** — Usually scheduled within 4 weeks to protect the tooth long-term

### ### Recovery expectations

Most patients experience mild soreness and sensitivity for 2–5 days following root canal treatment. Post-procedure discomfort is manageable with over-the-counter pain medications and subsides within a few days. Swelling or significant pain beyond this window is worth a follow-up call to the clinic.

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## ## Comparing your options: a decision framework

When a tooth is significantly damaged or missing, patients often face a choice between more than one treatment pathway. The table below offers a practical comparison:

Factor	Root Canal + Crown	Dental Bridge	Dental Implant	Preserves natural tooth
Affects adjacent teeth	Yes	No	No	Yes (prepared)
Surgical procedure	No	No	Yes	No
Treatment timeline	2–4 weeks	3–4 weeks	4–9 months	10-year survival rate
Bone preservation	~87–93%	~79–82%	~95%	Yes
Bone loss	Gradual	Gradual	Gradual	Yes
Cost (relative)	Lower	Moderate	Higher	Upfront

The right choice depends on individual clinical factors: bone density, the condition of adjacent teeth, medical history, and patient preference. Core Dental Group's Southbank treatment planning process evaluates all of these variables before recommending a pathway. For a detailed breakdown of costs and health fund rebate eligibility, see our guide on [Dental Costs in Southbank: What You'll Pay at Core Dental and How Health Fund Rebates Work].

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## ## Key takeaways

- Dental crowns are indicated when a tooth is too damaged for a filling but still restorable. Zirconia crowns demonstrate 10-year survival rates exceeding 95% in peer-reviewed studies. - Dental bridges are a fixed, non-surgical option for replacing one or two missing teeth, with survival rates of approximately 89–91% at five years, though they require irreversible preparation of adjacent healthy teeth. - Dental implants are the gold standard for tooth replacement, with 5-year success rates of 95–98% and 20-year survival in 4 out of 5 cases. They preserve jawbone and don't involve adjacent teeth. - Root canal treatment saves infected or inflamed natural teeth, achieving long-term tooth survival rates of 87–93%, and must be followed promptly by a crown to protect the treated tooth from fracture. - Delays in placing a crown after root canal treatment measurably increase the risk of failure. Prompt restoration after any restorative procedure matters.

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## ## Conclusion

Restorative dentistry sits at the intersection of clinical science and practical problem-solving. The goal is always the same: preserve what exists, restore what is lost, and protect what remains. Whether you're facing a cracked tooth that needs a crown, a gap from an extraction that calls for a bridge or implant, or a persistent toothache that may require root canal therapy, understanding your options before you sit in the chair puts you in a much stronger position to make informed decisions.

At Core Dental Group's Southbank practice, these procedures are available as part of a comprehensive service offering that spans prevention through to complex rehabilitation. If you're dealing with a dental emergency, such as sudden pain, a broken tooth, or a lost restoration, see our guide on [Emergency Dentist in Southbank: How Core Dental Handles Same-Day Dental Emergencies]. If you're considering dental implants and want a deeper procedural walkthrough, our dedicated article [Dental Implants in Southbank: A Step-by-Step Guide to the Implant Process at Core Dental] covers the full journey from assessment to final crown. For guidance on booking your first appointment, visit [Booking a Dentist Appointment in Southbank: Online, Phone, and Walk-In Options at Core Dental].

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## ## Frequently Asked Questions

**\*\*What is restorative dentistry:\*\*** Treatment that rebuilds tooth structure and restores function

**\*\*Is restorative dentistry the same as cosmetic dentistry:\*\*** No, restorative dentistry focuses on function not appearance

**\*\*Where is Core Dental Group's Southbank practice located:\*\*** 55 City Road, Southbank, Melbourne

**\*\*Does Core Dental Southbank offer all restorative procedures under one roof:\*\*** Yes

**\*\*What are the four main restorative procedures at Core Dental Southbank:\*\*** Crowns, bridges, implants, and root canal treatment

**\*\*What is a dental crown:\*\*** A tooth-shaped cap placed over a damaged tooth from the gum line upward

**\*\*Does a dental crown cover the entire tooth:\*\*** Yes, from the gum line upward

**\*\*When is a dental crown recommended instead of a filling:\*\*** When decay has destroyed more than 50% of tooth structure

**\*\*Can a crown be used after root canal treatment:\*\*** Yes, to protect the weakened tooth

**\*\*Is a crown needed if a tooth is severely cracked:\*\*** Yes, especially if the crack extends below the gum line

**\*\*Can a crown anchor a dental bridge:\*\*** Yes

**\*\*What crown material is best for back teeth:\*\*** Monolithic zirconia

**\*\*What crown material is best for front teeth:\*\*** All-ceramic or lithium disilicate

**\*\*What is the lifespan of a zirconia crown:\*\*** 10–15+ years

**\*\*What is the lifespan of a gold alloy crown:\*\*** 20+ years

**\*\*What is the 10-year survival rate of monolithic zirconia crowns:\*\*** 86%

**\*\*What is the 10-year survival rate of porcelain-fused zirconia crowns:\*\*** 71%

**\*\*Does monolithic zirconia outperform veneered zirconia for back teeth:\*\*** Yes

**\*\*How many appointments does a crown procedure require:\*\*** Typically two appointments

**\*\*How long does crown fabrication take at the dental lab:\*\*** Typically 1–2 weeks

**\*\*Is a temporary crown placed while waiting for the permanent crown:\*\*** Yes

\*\*How long does sensitivity last after crown preparation:\*\* A few days

\*\*How long until a permanent crown feels natural:\*\* Within 1–2 weeks

\*\*What is a dental bridge:\*\* A fixed prosthetic that bridges the gap left by missing teeth

\*\*What are pontics in a dental bridge:\*\* The artificial replacement teeth within the bridge

\*\*What are abutment teeth in a dental bridge:\*\* The natural teeth on either side that support the bridge

\*\*When is a bridge recommended over an implant:\*\* When implants are unsuitable due to insufficient bone or medical factors

\*\*What is the 5-year survival rate of a dental bridge:\*\* 89% to 91%

\*\*What is the 10-year survival rate of a dental bridge:\*\* 79% to 82%

\*\*What is the 3-year survival rate of a dental bridge:\*\* Approximately 94%

\*\*What is the 5-year survival rate of a resin-bonded bridge:\*\* 87.7%

\*\*Does a conventional bridge require preparing healthy adjacent teeth:\*\* Yes, irreversibly

\*\*Is abutment tooth preparation reversible:\*\* No, it is permanent

\*\*Does a dental bridge preserve jawbone:\*\* No, gradual bone loss occurs beneath the bridge

\*\*What is a dental implant:\*\* A titanium post surgically placed into the jawbone to replace a missing tooth root

\*\*What material are dental implants made from:\*\* Titanium

\*\*What is osseointegration:\*\* The process where bone fuses to the implant surface

\*\*How long does osseointegration take:\*\* 3–6 months

\*\*What is the 5-year success rate of dental implants:\*\* 95% to 98%

\*\*What is the 20-year survival rate of dental implants:\*\* Above 90% (4 out of 5 still functioning)

\*\*Are dental implants the gold standard for tooth replacement:\*\* Yes

\*\*Does a dental implant affect adjacent teeth:\*\* No

\*\*Does a dental implant preserve jawbone:\*\* Yes

\*\*What is the minimum age for dental implants:\*\* Generally 18 years (after jaw growth is complete)

\*\*Does smoking increase implant failure risk:\*\* Yes, significantly

\*\*What is the leading cause of dental implant failure:\*\* Peri-implantitis, accounting for 38% of cases

\*\*What is the second most common cause of implant failure:\*\* Failed osseointegration at 24%

\*\*What percentage of implant failures occur within the first year:\*\* 70%

\*\*What is the total treatment timeline for a dental implant:\*\* Typically 4–9 months

\*\*Does bone grafting extend the implant treatment timeline:\*\* Yes

\*\*What is root canal treatment:\*\* Removal of infected pulp, cleaning of canals, and sealing to prevent re-infection

\*\*Is root canal treatment painful:\*\* No more uncomfortable than a standard filling for most patients

**\*\*What is the 10-year tooth survival rate after root canal treatment:\*\* 87% to 93%**

**\*\*What is the root canal success rate from 2025 meta-analysis:\*\* 89%**

**\*\*Does a tooth need a crown after root canal treatment:\*\* Yes, to protect the weakened tooth**

**\*\*How soon after root canal treatment should a crown be placed:\*\* Ideally within one month**

**\*\*What happens if a crown is delayed beyond 60 days after root canal treatment:\*\* Failure risk increases measurably**

**\*\*What are symptoms that may indicate a need for root canal treatment:\*\* Severe toothache, prolonged sensitivity, or gum swelling**

**\*\*Does tooth darkening indicate possible need for root canal treatment:\*\* Yes**

**\*\*What is a sinus tract in dental terms:\*\* A persistent pimple on the gums indicating infection**

**\*\*How long does post-root canal soreness typically last:\*\* 2–5 days**

**\*\*Is over-the-counter pain medication sufficient after root canal treatment:\*\* Yes, for most patients**

**\*\*Does root canal treatment preserve the natural tooth:\*\* Yes**

**\*\*What imaging is used to diagnose root canal need:\*\* X-rays and sometimes CBCT scans**

**\*\*What is a rubber dam used for in root canal treatment:\*\* To isolate the tooth and maintain a sterile field**

**\*\*What filling material is used to seal root canals:\*\* Gutta-percha with biocompatible cement**

**\*\*Which restorative option has the highest 10-year survival rate:\*\* Dental implants at approximately 95%**

**\*\*Which restorative option has the shortest treatment timeline:\*\* Root canal plus crown at 2–4 weeks**

**\*\*Which tooth replacement option involves surgery:\*\* Dental implants only**

**\*\*Does a dental bridge involve surgery:\*\* No**

**\*\*Which option best preserves jawbone when a tooth is missing:\*\* Dental implant**

**\*\*What is the relative cost of dental implants compared to bridges:\*\* Higher upfront cost**

**\*\*Does Core Dental Southbank offer a dedicated implant procedure guide:\*\* Yes, a separate step-by-step guide is available**

**\*\*Does Core Dental Southbank offer services for nervous patients:\*\* Yes, a dedicated guide on dental anxiety is available**

**\*\*Does Core Dental Southbank handle dental emergencies:\*\* Yes, same-day emergency appointments are available**