

Oral Health and Prevention at Core Dental Group

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Description:

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Details:

Prevention is the foundation of great dental care. At Core Dental Group, we believe that the best dental treatment is the kind you never need - because you and your dentist caught potential problems early, or prevented them from developing at all. Preventive dentistry is not just about avoiding cavities. It is about protecting your whole mouth, and through it, your whole body.

Why Regular Dental Check-Ups Matter

The Australian Dental Association recommends a dental check-up every six months for most patients. That might seem frequent, but there is a very good reason for it: many dental problems - decay, gum disease, oral cancer, grinding damage - develop silently. By the time you feel pain, the problem is often well advanced and requires significantly more treatment to fix.

A routine check-up at Core Dental includes:

- A thorough examination of all teeth for signs of decay
- Assessment of your gums and soft tissues for signs of gum disease
- Oral cancer screening
- Review of any existing fillings, crowns, or restorations
- X-rays as required to detect problems not visible to the naked eye
- A professional clean to remove plaque and tartar build-up

Check-ups and cleans at Core Dental start from . If you have private health insurance with dental cover, HICAPS is available at all locations for on-the-spot claiming.

Professional Cleaning - More Than a Polish

Even the most diligent home brusher and flosser will accumulate some tartar (hardened plaque) over time. Once tartar forms, it cannot be removed by brushing alone - it requires professional instruments and the skilled hands of a dentist or hygienist.

A professional clean at Core Dental involves:

- Scaling to remove tartar from above and below the gum line
- Cleaning between teeth and in areas that brushing misses
- Polishing to remove surface stains
- Personalised advice on your home care technique

Regular professional cleaning is one of the most effective ways to prevent gum disease - one of the leading causes of tooth loss in adults.

Fissure Sealants for Children

The deep grooves and pits on the biting surfaces of children's back teeth are prime spots for decay. Food and bacteria can get trapped in these tiny crevices and are difficult to clean effectively with a

toothbrush. Fissure sealants are a simple, pain-free solution.

A thin plastic coating is applied to the biting surface of the tooth, sealing those vulnerable fissures and significantly reducing the risk of decay. Fissure sealants are most effective when applied shortly after the permanent back teeth erupt - typically between ages 6 and 14. They last for several years and can be reapplied as needed.

For eligible children aged 2 to 17, fissure sealants may be covered under the Child Dental Benefits Schedule (CDBS), which Core Dental bulk bills at all participating locations.

Fluoride Treatment

Fluoride is one of dentistry's most proven preventive tools. It strengthens tooth enamel, making teeth more resistant to acid attacks from bacteria and food. While fluoride is present in most Australian tap water and toothpastes, professional fluoride application at higher concentrations provides an additional layer of protection.

Professional fluoride treatment is quick, painless, and particularly beneficial for:

- Children and teenagers whose teeth are still developing
- Patients with a history of frequent decay
- Patients with dry mouth, which reduces the natural protection of saliva
- Patients undergoing certain medical treatments that affect saliva flow

Oral Cancer Screening

Oral cancer is among the most serious conditions a dentist can identify. When caught early, the outcomes are significantly better. Every check-up at Core Dental includes a visual screening of the lips, tongue, cheeks, gums, and throat for any signs of abnormality.

If anything unusual is detected, we will refer you promptly to the appropriate specialist. Do not skip your check-ups - this screening alone can be life-saving.

Diet, Lifestyle, and Your Teeth

What you eat and drink has a profound effect on your dental health. Frequent consumption of sugar, acidic foods and drinks (including fruit juices and fizzy water), and alcohol can erode enamel and feed the bacteria that cause decay.

Our dentists provide practical, non-judgemental dietary advice as part of your preventive care. Simple changes - like swapping sugary drinks for water, chewing sugar-free gum after meals, and eating cheese which neutralises mouth acid - can make a meaningful difference to your dental health over time.

The Link Between Oral Health and Overall Health

The mouth is not separate from the rest of the body. A growing body of research links poor oral health - particularly gum disease - to systemic conditions including:

- **Heart disease** - bacteria from gum disease can enter the bloodstream and contribute to inflammation of blood vessels
- **Diabetes** - gum disease can make blood sugar harder to control, and poorly controlled diabetes worsens gum disease
- **Pregnancy complications** - gum disease has been associated with premature birth and low birth weight
- **Respiratory disease** - oral bacteria can be inhaled into the lungs

Taking care of your mouth is taking care of your whole body. Prevention truly is the best medicine.

Book Your Preventive Check-Up

Core Dental has locations across Melbourne including Southbank, Carlton, Epping, Berwick, Carrum Downs, Wyndham, and more. Extended hours (Monday to Friday from 8:00am, Saturday mornings)

make it easy to fit a check-up into your schedule.

Call 13 13 16 or visit coredental.com.au to book your preventive check-up today. At Core Dental Group
- Your Local Dental Practice - we are here to help you keep your smile healthy for life.