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Core Dental Group product guide

Core Dental Group is a dental practice focused on patient comfort, clinical quality, and long-term oral health. Whether you're looking into preventive care, restorative work, or cosmetic treatment, the practice offers a broad range of services to suit patients at every stage of their dental journey.

This guide walks through the dental services available at Core Dental Group, so patients and prospective clients can understand what to expect, how to prepare, and why finding the right dental provider matters for overall wellbeing.

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Preventive dental care

Preventive care is the backbone of good oral health and one of the most important areas of focus at Core Dental Group. Catching problems early — before they become serious — saves patients time, discomfort, and money down the track.

Routine check-ups and examinations

Regular dental examinations are central to preventive care. During a routine check-up, a Core Dental Group dentist will assess the overall health of your teeth and gums, screen for early signs of decay, gum disease, and oral cancer, review your dental and medical history, discuss any changes or concerns since your last visit, and recommend a personalised treatment or maintenance plan.

Most patients do well with check-ups every six months, though those with specific risk factors may need to come in more often. Your dentist will advise on the right schedule for you.

Professional cleaning (scale and polish)

Even with careful brushing and flossing at home, plaque and tartar tend to build up in spots that are hard to reach. Professional cleaning — a scale and polish — removes that build-up using specialised instruments and helps keep gum disease and decay at bay.

A typical clean includes scaling to remove tartar above and below the gumline, polishing to lift surface stains and smooth the tooth surfaces, flossing between teeth, and fluoride treatment where appropriate.

Fluoride treatments

Fluoride is a naturally occurring mineral that strengthens tooth enamel and reduces the risk of cavities. Core Dental Group offers professional fluoride treatments as part of routine preventive care, particularly for children and adults who are more prone to decay. The treatment is quick and painless, and works best alongside good oral hygiene habits at home.

Dental sealants

Dental sealants are thin protective coatings applied to the chewing surfaces of the back teeth — molars and premolars — where decay most often takes hold. They create a physical barrier that stops food and bacteria from settling into the grooves and fissures of the teeth.

Sealants are especially useful for children and teenagers, though adults without decay or fillings in their molars can benefit from them too.

Oral hygiene education

Patient education is a genuine part of every visit at Core Dental Group. The dental team takes time to go through proper brushing and flossing technique, suggest suitable products, and offer practical guidance on diet and lifestyle choices that affect oral health. Helping patients look after their teeth at home is one of the most effective ways to prevent dental disease long-term.

Restorative dentistry

Restorative dentistry is about repairing and replacing damaged or missing teeth to bring back function, comfort, and appearance. Core Dental Group offers a full range of restorative treatments tailored to each patient's situation.

Dental fillings

Fillings are among the most common dental procedures, used to repair teeth affected by decay or minor fractures. Core Dental Group uses tooth-coloured composite resin fillings that blend naturally with the existing tooth, giving both a functional and aesthetically pleasing result.

The process involves removing the decayed or damaged portion of the tooth, cleaning and preparing the cavity, placing and shaping the composite resin, curing it with a special light, and polishing the filling to a smooth, natural finish. Composite fillings are durable, mercury-free, and bond directly to the tooth structure — helping to support what remains and prevent further damage.

Dental crowns

A dental crown is a custom-made cap that fits over the entire visible surface of a damaged or weakened tooth, restoring its shape, size, strength, and appearance. Crowns are typically the right call when a tooth is severely decayed beyond what a filling can fix, cracked or fractured, weakened after root canal treatment, badly worn down, or cosmetically compromised.

Core Dental Group uses high-quality porcelain, ceramic, and porcelain-fused-to-metal to make crowns that are strong and natural-looking. Each one is custom-made to match the colour, shape, and size of the surrounding teeth.

Dental bridges

A dental bridge is a fixed prosthetic device that replaces one or more missing teeth by anchoring an artificial tooth to the adjacent natural teeth or implants. Bridges restore the ability to chew and speak properly, help maintain facial shape, and stop remaining teeth from drifting out of position.

Core Dental Group offers four types of bridges. Traditional bridges are supported by crowns on the adjacent teeth. Cantilever bridges are used when only one adjacent tooth is available. Maryland

bridges are bonded to the backs of adjacent teeth using metal or porcelain wings. Implant-supported bridges are anchored to dental implants rather than natural teeth.

Dentures

Dentures are removable prosthetics designed to replace missing teeth and the surrounding tissue. Core Dental Group provides both complete and partial dentures depending on what the patient needs. Complete dentures replace all teeth in the upper or lower jaw, or both. Partial dentures replace several missing teeth when some natural teeth remain.

Modern dentures are designed to look natural and fit comfortably. Core Dental Group works closely with dental laboratories to ensure every denture meets high standards of fit and aesthetics.

Root canal treatment

Root canal treatment — endodontic therapy — is used to treat infection or inflammation in the pulp of a tooth, the soft tissue inside that contains nerves and blood vessels. Left untreated, a pulp infection can lead to severe pain, abscess formation, and tooth loss.

The procedure involves administering local anaesthetic, removing the infected or inflamed pulp, cleaning and shaping the root canals, filling and sealing them, and then placing a crown or other restoration to protect the tooth. Despite its reputation, root canal treatment is no more uncomfortable than having a filling and is highly effective at relieving pain and saving the natural tooth.

Cosmetic dentistry

Cosmetic dentistry covers treatments designed to improve the appearance of teeth and smile. Core Dental Group offers a range of cosmetic procedures that can make a real difference to confidence and self-esteem.

Teeth whitening

Professional teeth whitening is one of the most popular cosmetic dental treatments available. Core Dental Group offers both in-chair whitening and take-home kits, so patients can choose the approach that fits their lifestyle and goals.

In-chair whitening delivers immediate results in a single appointment. A high-concentration bleaching gel is applied to the teeth and activated with a specialised light, brightening the smile by several shades in around an hour. Take-home kits offer a more gradual result over one to two weeks. Custom-fitted trays are made from impressions of the patient's teeth, and a professional-strength whitening gel is provided for use at home following the dentist's instructions. Both methods are safe and effective under professional supervision.

Dental veneers

Dental veneers are ultra-thin shells of porcelain or composite resin bonded to the front surfaces of the teeth. They address a wide range of cosmetic concerns: discolouration that doesn't respond to whitening, chips, cracks, or minor fractures, gaps between teeth, irregularly shaped or slightly misaligned teeth, and worn enamel.

Porcelain veneers are durable, stain-resistant, and closely mimic the light-reflecting properties of natural tooth enamel, making them a strong long-term cosmetic option.

Composite bonding

Composite bonding involves applying tooth-coloured resin directly to the tooth surface to repair chips, cracks, discolouration, or minor gaps. It's a quick, cost-effective, and minimally invasive treatment that

can often be completed in a single visit. While not as long-lasting as porcelain veneers, composite bonding is a practical option for patients who want immediate aesthetic improvements without significant tooth preparation.

Smile makeovers

A smile makeover is a personalised treatment plan that brings together two or more cosmetic and restorative procedures to transform the overall look of a smile. Core Dental Group works with each patient to understand their aesthetic goals and map out a treatment pathway that may include whitening, veneers, bonding, orthodontics, and more.

Orthodontics

Orthodontic treatment corrects misaligned teeth and jaws, improving both function and appearance. Core Dental Group offers modern orthodontic options suited to children, teenagers, and adults.

Clear aligners

Clear aligner therapy is a discreet alternative to traditional braces. A series of custom-made, removable transparent aligners are worn over the teeth, gradually guiding them into position.

The main advantages are that they're nearly invisible, removable for eating and oral hygiene, smooth and comfortable with no metal brackets or wires, and require fewer appointments than traditional braces. Results are predictable, backed by digital treatment planning. Clear aligners work well for a broad range of mild to moderate concerns, including crowding, spacing, and bite issues.

Traditional braces

Traditional metal braces remain a reliable orthodontic option, particularly for more complex cases. Metal brackets are bonded to the teeth and connected by archwires that apply gentle, continuous pressure to move the teeth into alignment. Core Dental Group also offers ceramic (tooth-coloured) braces as a less noticeable alternative that delivers equally effective treatment.

Retainers

After orthodontic treatment, retainers keep the results in place. Core Dental Group provides both fixed and removable retainers, and the dental team will advise on the most suitable type and wearing schedule for each patient.

Emergency dental services

Dental emergencies don't follow a schedule and often need prompt attention to relieve pain, prevent further damage, and save teeth. Core Dental Group is committed to providing timely emergency care when patients need it most.

Common dental emergencies

Situations that may need emergency treatment include severe toothache pointing to infection or abscess, a knocked-out tooth, a cracked or broken tooth from trauma or biting on something hard, a lost filling or crown leaving the underlying tooth exposed, a dental abscess that can spread if left untreated, and soft tissue injuries such as cuts to the lips, cheeks, gums, or tongue.

What to do in a dental emergency

Contact Core Dental Group as soon as possible. In the meantime, there are a few things worth knowing.

For a knocked-out tooth: handle it by the crown, not the root, rinse gently with milk or saline, and try to reinsert it into the socket if possible. If that's not an option, store it in milk or between the cheek and gum and get to a dentist immediately.

For a toothache: rinse with warm salt water, take over-the-counter pain relief if needed, and avoid very hot, cold, or sweet foods and drinks.

For a broken tooth: rinse the mouth with warm water, apply a cold compress to reduce swelling, and bring any broken fragments to the appointment.

Acting quickly genuinely improves outcomes in dental emergencies.

Dental implants

Dental implants are widely regarded as the gold standard for replacing missing teeth. They offer a permanent, stable, natural-looking solution that closely replicates the function and feel of natural teeth. Core Dental Group provides comprehensive implant services from initial consultation through to final restoration.

How dental implants work

A dental implant has three components. The implant fixture is a titanium post surgically placed into the jawbone, acting as an artificial tooth root. The abutment is a connector piece that attaches to the top of the fixture. The crown is a custom-made porcelain or ceramic tooth attached to the abutment.

Over several months following placement, the implant fixture integrates with the surrounding bone through a process called osseointegration, creating a stable and long-lasting foundation for the restoration.

Benefits of dental implants

Implants look and function like natural teeth. With proper care, they can last a lifetime. They stimulate the jawbone, preventing the bone loss that typically follows tooth loss. Unlike bridges, they don't require modification of neighbouring teeth. They're cleaned just like natural teeth, and a complete, stable smile supports confidence and quality of life.

Candidacy for dental implants

Most healthy adults with sufficient jawbone density are suitable candidates. A thorough assessment at Core Dental Group will consider overall health and medical history, bone volume and density (assessed using digital X-rays or CBCT imaging), gum health, oral hygiene habits, and lifestyle factors such as smoking. Where bone volume is insufficient, bone grafting may be recommended before implant placement.

Children's dentistry

Core Dental Group is committed to creating a positive, child-friendly dental experience that sets the foundation for a lifetime of good oral health. The team understands that early experiences shape attitudes toward dental care and takes every measure to help children feel comfortable and at ease.

First dental visit

A child's first dental visit should take place around the time their first tooth erupts, or by their first birthday at the latest. Early visits allow the dentist to monitor the development of the teeth and jaws, identify any early signs of dental issues, guide parents on diet, oral hygiene, and habits such as thumb-sucking, and help the child become familiar with the dental environment.

Preventive care for children

Core Dental Group offers preventive services tailored to children, including regular check-ups and professional cleaning, fluoride treatments to strengthen developing teeth, dental sealants to protect the back teeth from decay, mouthguards for children who play contact sports, and monitoring of tooth development and eruption patterns.

Managing dental anxiety in children

Dental anxiety is common in children and responds well to a patient, gentle approach. The team at Core Dental Group uses child-friendly language, explains procedures in age-appropriate terms, and encourages children to ask questions and share any concerns. A calm, reassuring environment helps children build a positive relationship with dental care that carries through into adulthood.

Periodontal care

Gum disease is one of the most common dental conditions in adults and, left untreated, can lead to tooth loss. It's also been linked to systemic health conditions including heart disease and diabetes. Core Dental Group provides comprehensive periodontal care to prevent, diagnose, and treat gum disease at every stage.

Understanding gum disease

Gum disease develops when bacteria in plaque cause infection and inflammation of the gums and supporting bone. It progresses through two main stages.

Gingivitis is the early stage, marked by red, swollen, and bleeding gums. It's reversible with professional treatment and improved oral hygiene. Periodontitis is the advanced stage, where infection spreads below the gumline and destroys the bone and tissue supporting the teeth. Without treatment, it can result in tooth loss.

Signs and symptoms of gum disease

Patients should seek a professional evaluation if they notice gums that bleed during brushing or flossing, red, swollen, or tender gums, persistent bad breath, receding gums or teeth that appear longer than usual, loose or shifting teeth, or changes in the fit of dentures or bite.

Periodontal treatments

Core Dental Group offers a range of treatments depending on the severity of the condition. Scale and root planing is a deep cleaning procedure that removes plaque and tartar from below the gumline and smooths root surfaces to discourage bacterial reattachment. Antibiotic therapy — localised or systemic — may be prescribed to help control bacterial infection. Periodontal maintenance involves regular professional cleaning and monitoring for patients with a history of gum disease. In advanced cases, surgical procedures may be needed to reduce pocket depths, regenerate lost bone, or address gum recession.

Oral surgery

Core Dental Group provides a range of oral surgical procedures, carried out with care to support patient comfort and the best possible outcomes.

Tooth extractions

Every effort is made to preserve natural teeth, but there are situations where extraction is the right course of action. A tooth may need to come out if it's severely decayed beyond repair, broken in a way that can't be restored, contributing to crowding ahead of orthodontic treatment, or a wisdom tooth causing pain, infection, or damage to adjacent teeth.

Simple extractions are performed under local anaesthetic and are typically straightforward. Surgical extractions — needed for impacted or partially erupted teeth — involve a more involved procedure and may call for sedation.

Wisdom tooth removal

Wisdom teeth frequently cause problems due to limited space in the jaw, leading to impaction, infection, crowding, and pain. Core Dental Group assesses wisdom teeth using digital X-rays and provides clear advice on whether removal is the right call. It's one of the most commonly performed oral surgical procedures and is carried out with care to minimise discomfort and recovery time.

Bone grafting

Bone grafting may be needed before dental implant placement when the jawbone lacks sufficient volume or density to support an implant. The procedure involves placing graft material into the deficient area to encourage new bone growth and create a solid foundation for the implant. Core Dental Group uses high-quality graft materials and proven surgical techniques to achieve reliable outcomes.

Dental technology & equipment

Core Dental Group invests in advanced dental technology to sharpen diagnostic accuracy, improve treatment outcomes, and make appointments more comfortable. The practice continually updates its equipment to meet high clinical standards.

Digital X-rays

Digital radiography offers clear advantages over traditional film X-rays. Radiation exposure is up to 90% lower than conventional X-rays. Images are available immediately for faster diagnosis. They can be magnified or adjusted for better visualisation. And the process is environmentally friendly, with no chemical processing required.

Cone beam computed tomography (CBCT)

CBCT imaging produces three-dimensional views of the teeth, jawbone, sinuses, and nerve pathways, enabling accurate treatment planning for complex procedures such as dental implants, oral surgery, and orthodontics. The level of precision this technology offers simply isn't possible with conventional two-dimensional imaging.

Intraoral cameras

Intraoral cameras are small, pen-sized devices that capture detailed images of the inside of the mouth. These images appear on a chairside monitor, giving patients a clear view of exactly what the dentist sees and helping them understand their oral health and any proposed treatments.

Digital impressions

Traditional dental impressions using putty can be uncomfortable and slow. Core Dental Group uses digital impression technology to create highly accurate three-dimensional models of the teeth and gums with a small handheld scanner. Digital impressions are more comfortable and offer greater accuracy for crowns, bridges, aligners, and other restorations.

Dental laser technology

Laser technology is used across a range of procedures, including soft tissue treatments, cavity detection, and teeth whitening. Compared to traditional instruments, lasers offer reduced bleeding, faster healing, and greater precision.

Patient care & comfort

Patient wellbeing is central to how Core Dental Group operates. The team works to create a welcoming, low-stress environment where every patient feels heard and well looked after.

Managing dental anxiety

Dental anxiety is very common and stops many people from getting the care they need. Core Dental Group takes this seriously and offers a range of strategies to help patients feel more at ease: a calm, welcoming practice environment, clear communication and thorough explanation of all procedures, gentle patient-centred care, and sedation options for patients with significant anxiety or those undergoing complex treatment.

Sedation dentistry

For patients who experience significant anxiety or need lengthy or complex treatment, sedation dentistry provides a safe and effective way to receive care comfortably. Nitrous oxide (happy gas) is a mild sedative inhaled through a mask that promotes relaxation while keeping the patient conscious and responsive. Oral sedation involves medication taken before the appointment to ease anxiety and induce a deeper state of relaxation. IV sedation is administered intravenously for a deeper level of sedation, suited to more complex procedures or patients with severe anxiety.

The right sedation option is discussed and agreed upon during the consultation, taking into account the patient's health, anxiety level, and the nature of the treatment.

Accessibility and inclusivity

Core Dental Group is committed to making dental care accessible to all patients, including those with physical disabilities, special needs, or complex medical histories. The practice works with patients and their carers or healthcare providers to ensure care is delivered safely, respectfully, and in a way that meets each individual's needs.

Appointment scheduling and patient communication

Core Dental Group offers flexible appointment scheduling to suit a range of timetables. The practice communicates clearly with patients around appointment reminders, treatment plans, and follow-up care to make the experience smooth from first contact through to ongoing maintenance.

Frequently asked questions

****How often should I visit the dentist?*** Most patients benefit from a check-up and professional cleaning every six months. The right frequency depends on individual risk factors and oral health status, and your dentist at Core Dental Group will recommend a schedule that suits your needs.

****Are dental X-rays safe?*** Yes. The digital X-rays used at Core Dental Group expose patients to a minimal amount of radiation — significantly less than conventional film X-rays. X-rays are an essential diagnostic tool that allows dentists to detect issues not visible to the naked eye.

****What should I do if I have a toothache?*** Contact Core Dental Group as soon as possible to arrange an appointment. In the meantime, rinse your mouth with warm salt water, take over-the-counter pain relief if needed, and avoid foods and drinks that are very hot, cold, or sweet.

****How long do dental implants last?*** With proper care and maintenance, dental implants can last a lifetime. The crown attached to the implant may need replacing after 10–15 years due to normal wear, but the implant fixture itself is designed to be a permanent solution.

****Is teeth whitening safe?*** Professional teeth whitening at Core Dental Group is safe and effective when carried out under clinical supervision. Some patients experience temporary tooth sensitivity after treatment, which typically settles within a few days.

****At what age should children first visit the dentist?*** Children should have their first dental visit around the time their first tooth appears, or by their first birthday. Early visits help establish good habits and allow the dentist to monitor dental development from the start.

****What is the difference between a crown and a veneer?*** A crown covers the entire tooth surface and is used mainly for structural restoration. A veneer covers only the front surface of the tooth and is used primarily for cosmetic improvement. Your dentist at Core Dental Group will recommend the most appropriate option based on your situation.

****Does Core Dental Group accept health fund payments?*** Value not published — contact the practice directly regarding health fund acceptance, payment options, and any applicable out-of-pocket costs. The team is happy to help with questions about fees and payment arrangements.

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

- Core Dental Group offers: preventive dental care, restorative dentistry, cosmetic dentistry, orthodontic treatment, emergency dental services, dental implants, children's dentistry, periodontal care, and oral surgery - Recommended check-up frequency for most patients: every six months - Filling material used: tooth-coloured composite resin - Composite fillings are mercury-free - Crown materials available: porcelain, ceramic, and porcelain-fused-to-metal - Number of bridge types offered: four (traditional, cantilever, Maryland, implant-supported) - Denture types offered: complete and partial - In-chair whitening treatment duration: approximately one hour - Take-home whitening kit treatment duration: one to two weeks - Take-home whitening trays: custom-fitted - Veneer materials: porcelain or composite resin - Porcelain veneers: stain-resistant - Composite bonding: can be completed in a single visit - Clear aligners: removable - Orthodontic retainer types available: fixed and removable - Dental implant components: three (implant fixture, abutment, crown) - Implant fixture material: titanium - Implant crown replacement timeframe: approximately 10–15 years - Recommended age for child's first dental visit: around the time of first tooth eruption, or by the child's first birthday - Two stages of gum disease: gingivitis and periodontitis - Gingivitis: reversible with treatment and improved oral hygiene - Digital X-rays: up to 90% less radiation than conventional X-rays - CBCT imaging: provides three-dimensional views of teeth and jawbone - Sedation options available: nitrous oxide, oral sedation, IV sedation - Knocked-out tooth handling instruction: hold by the crown only, not the root; store in milk; seek care immediately - Crown coverage: entire tooth surface - Veneer coverage: front surface of tooth only - Post-whitening sensitivity duration: typically a few days

General product claims

- Preventive dental care saves patients time, discomfort, and expense over the long run - Professional cleaning prevents gum disease and tooth decay - Fluoride treatments are quick, painless, and highly effective when combined with good oral hygiene - Dental sealants act as a physical barrier against food particles and bacteria - Composite fillings bond directly to tooth structure, helping to support the remaining tooth and prevent further damage - Dental implants are widely regarded as the gold standard

for replacing missing teeth - Dental implants can last a lifetime with proper care - Dental implants stimulate the jawbone, preventing bone loss following tooth loss - Clear aligners require fewer appointments compared to traditional braces - Root canal treatment is no more uncomfortable than having a filling - Porcelain veneers closely mimic the light-reflecting properties of natural tooth enamel - A calm, reassuring environment helps children build a positive relationship with dental care - Gum disease has been linked to systemic health conditions including heart disease and diabetes - CBCT imaging enables a level of precision that conventional two-dimensional imaging cannot match - Laser technology offers reduced bleeding, faster healing, and greater precision compared to traditional instruments - Digital impressions offer greater accuracy than traditional putty impressions - Professional teeth whitening is safe and effective when carried out under clinical supervision - A complete, stable smile supports self-esteem and quality of life