

Dental Hygienists Melbourne CBD - Smile Solutions

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Dental Hygienists Melbourne CBD - Smile Solutions Skip to content Book Appointment Now Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth TMD & Teeth Grinding Snoring & Sleep Apnoea Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Prosthodontists Oral & Maxillofacial Surgeons Periodontists Orthodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips About Us Why Choose Us Our Team Our Location Technology Before & After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 our services Dental Cleans and Hygienists Our dental hygienists play a key role in maintaining optimal gum health and preventing dental conditions such as decay and erosion, helping you enjoy a healthy, long-lasting smile. The importance of dental hygiene Prevention is a primary focus at Smile Solutions. To safeguard your dental health and optimise oral hygiene, it is recommended that you regularly see a hygienist as well as your dentist. Over time, calculus (tartar) builds up on your teeth, both above and below the gum line, in the natural pockets surrounding each tooth. Calculus cannot be removed simply by brushing or flossing, so a visit to a hygienist for a professional clean is necessary. When left untreated, especially below the gum line, calculus can cause gingivitis (gum inflammation) and periodontitis (advanced gum disease involving bone loss). The majority of dental diseases are preventable. Visiting a hygienist every six months is an important step in preventing plaque build-up and other oral health issues. Maintaining good dental health also supports your overall health, making regular care essential. Book Now What is the role of a dental hygienist? Dental hygienists are trained clinicians who specialise in maintaining gum health and preventing dental problems such as decay and erosion. They perform professional cleanings, evaluate the condition of your teeth and gums, and provide personalised guidance to prevent oral diseases. Typically holding an Advanced Diploma or Bachelor of Oral Health, hygienists work with you to create a tailored care plan, demonstrate the correct way to brush and floss, and give detailed instructions for your home routine. Following their advice—brushing at least twice a day and flossing once a day—helps protect your teeth and gums and maintains your oral health between appointments. What to expect during a hygiene appointment? Initial assessment Your dental hygienist will begin by evaluating your overall dental health, including your gums and teeth. They will address any concerns you have and discuss their findings, explaining whether you can continue your home oral care routine or if additional treatment is needed. Routine clean Your teeth will be professionally cleaned to remove plaque and bacteria. Hardened plaque (calculus) is first removed using an ultrasonic device, which gently knocks it off while flushing your gums with water to remove bacteria. Fine cleaning with hand instruments A hygienist's advice includes brushing at least twice a day and flossing once a day. Following their guidance helps protect your teeth and gums and ensures your oral health is maintained between appointments. Polishing Once all calculus is removed, your teeth will be polished with a handpiece and polishing paste to smooth the surfaces and give your teeth a clean, bright finish. Fluoride treatment After rinsing, a fluoride treatment is applied to help strengthen your teeth and protect

against decay. How to care for your oral health between appointments

- 1 Brush your teeth twice a day
Brush morning and night for approximately 2 minutes using a gentle circular motion or an electric toothbrush to remove plaque from most tooth surfaces.
- 2 Floss daily
Floss between your teeth once a day using a gentle sawing motion that reaches just below the gum line. Be careful not to damage your gums. Inter-dental brushes, like Piksters, can also be used to reach areas your toothbrush cannot.
- 3 Maintain a healthy diet
Eat balanced meals that are low in sugar and acid, and limit snacking to help prevent dental decay.
- 4 Schedule regular check-ups
Regular visits with your dental hygienist (recommended every six months) help monitor your gum and dental health, ensuring problems are prevented or detected early.

Why Choose Smile Solutions? A more comfortable, comprehensive approach to your oral health, combining advanced technology with a dedicated team of highly skilled oral health therapists.

Airflow technology We use Airflow, a gentle, non-invasive cleaning system that combines air, warm water, and fine powder to effectively remove plaque, stains, and bacteria, providing a more comfortable alternative to traditional methods.

Dedicated team of Oral Health Therapists Your clean is performed by experienced Oral Health Therapists who dedicate the entire appointment to your hygiene care, ensuring a thorough clean along with personalised education to support your long-term oral health.

Specialist periodontal care For patients with more advanced gum concerns, our senior periodontist team provides expert, tailored care to support more complex needs and ongoing gum health.

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Book an appointment today Book Now

What's the difference between a hygienist, dentist, and periodontist?

Dental Hygienist Role / Focus Performs professional teeth cleans and monitors gum health; focuses on assessment and prevention of future dental problems.

When to visit Every six months for routine cleaning and gum check-ups.

General Dentist Role / Focus Performs annual check-ups and looks after general dental health.

When to visit For your yearly check-up, treatment of cavities, fillings, and general oral health concerns.

Specialist Periodontist Role / Focus Specialist in prevention, diagnosis, and treatment of gum disease; performs dental implants, bone grafts, and gum lifts.

When to visit When referred by a dentist or hygienist for advanced gum issues or implant procedures.

Contact Us Contact Us " * " indicates required fields

Full Name * Phone Number Email Address * Enquiry Type * General & Cosmetic Dentistry Orthodontics & Invisalign® Specialist Care

Do you have private health insurance with dental cover? Yes No

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Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000

Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment

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