Availability: Open Six Days a Week | Core Dental

Canonical: https://www.coredental.com.au/availability/

Details:

Availability is one of the three promises behind Core Dental, along with affordability and ambience. We have nine clinics across Melbourne, open Monday to Friday 8.00am to 6.00pm and on Saturday mornings, so you can find a time that works around work, school and family. We reserve emergency appointments every day at all our clinics. Call 13 13 16 or book online. Hours and clinician availability can change, so confirm when you book.

What does availability mean at Core Dental?

We believe that visiting the dentist should not mean going far out of your way, whether it is an emergency or a routine appointment. That is why we are open six days a week with extended weekday trading hours, and why we keep our clinics close to where people live and work. We want to be your local dental practice, available when and where you need care.

What are our opening hours?

These hours apply across our clinics, with one difference at Bayside on Saturdays.

Day	Hours
Monday to Friday	8.00am to 6.00pm
Saturday	8.00am to 1.30pm (Bayside 8.30am to 1.30pm)
Sunday	Closed

Our weekday hours run until 6.00pm, which allows early morning and after-work or after-school appointments. Saturday morning appointments suit busy families, working parents and professionals who cannot take weekday time off. Saturday times can be popular, so we suggest booking early.

Where are our nine clinics?

Our clinics are spread across Melbourne so there is likely to be one close to you. Each one lists its own address, direct phone number and team.

Southbank : 55 City Road, Southbank, (03) 8547 0780

South Melbourne : 87 Market Street, South Melbourne, (03) 9114 7700

Caroline Springs : 224-226 Caroline Springs Boulevard, (03) 9363 7888

Carrum Downs : 335 Ballarto Road, Carrum Downs, (03) 8373 1555

Epping : Tenancy 3B, 230 Cooper Street, Epping, (03) 9401 4622

Wyndham : 242 Hoppers Lane, Werribee, (03) 9749 6677

Berwick : Shop 29, 1 O'Shea Road, Berwick, (03) 9132 4160

Bayside : G.04/973 Nepean Highway, Bentleigh, (03) 7034 6572, opened 7 September 2026

Glenferrie : 827 Glenferrie Road, Hawthorn, 03 7035 1506

You can also call our group line on 13 13 16 and our team will help you find a clinic and a time.

Are emergency dental appointments available?

Yes. We reserve appointments each day for dental emergencies at all our clinics. Emergencies include:

Severe toothache or pain

Chipped, cracked or broken teeth

Knocked-out or displaced teeth

Lost fillings or crowns

Swelling, bleeding gums or a dental abscess

Dental trauma from an accident or injury

Call 13 13 16 or your nearest clinic as early in the day as you can. We aim to see you promptly, but same-day assessment depends on clinical urgency, the clinic and clinician capacity, so it is not guaranteed. See our emergency dentistry page for more.

Call 000 immediately for uncontrolled bleeding, trouble breathing or swallowing, a serious facial injury or other life-threatening symptoms. Do not wait for a dental appointment in these situations.

How do you book an appointment with us?

You can book online through the BOOK NOW button on coredental.com.au, call the clinic you prefer, or call 13 13 16. When you book, tell us about your concern, symptoms, timing and what you hope to achieve, and bring relevant medical information and a current list of medicines. Our dentist can then assess your teeth, gums and bite, request imaging when it is clinically appropriate, and explain which options suit you.

How can you plan care around your schedule?

Ask your dentist what the recommended approach is intended to achieve, whether there are reasonable alternatives, what preparation and aftercare involve and what risks or limitations apply. Treatment time, fees, recovery and maintenance vary with the diagnosis and the complexity of care. We give you a written treatment plan and quote before treatment starts, so you can see the stages, the expected number of appointments and the payment options, including interest-free payment plans , before you decide.

How often you should come in: the published answer is "ask"

Appointment frequency is where dentistry is least prescriptive, and the published advice is consistent about it across every page that touches the subject.

The Victorian Department of Health, repeatedly. "Ask your oral health professional how often you should have a dental check-up." On gums: "Ask your oral health professional how often you should visit for a check-up." For children: "Everyone has different oral health needs and risk levels that determine how often they should have a check-up. Talk with your dental practitioner about how often your child needs a check-up."

Where it does give a range, it is for a stated purpose. On decay: "Regular visits to the dentist (every 6 to 12 months) are important so that decay can be identified at this early stage when a filling can be avoided." On erosion: "It is important to visit your dental professional every six to twelve months so that they can identify dental erosion early, determine the cause, and then work with you to prevent further dental erosion and tooth wear." For people with diabetes: "Visit your dentist every 6 to 12 months for advice about how to keep your teeth and gums healthy."

Six to twelve months, each time tied to catching something early rather than to a calendar.

Where there is a firm starting point, it is for children. "Children should have their first dental check-up by 1 year of age." And: "Every child should have a dental check by the time they turn 1." The Department adds the principle: "Don't wait for a problem; regular dental checks are important for children."

And the evidence behind not applying one interval to everyone. A Cochrane review of recall intervals for oral health in primary care patients records that "6-month dental check-ups have traditionally been advocated by general dental practitioners in many high-income countries", but that "there is, however, a weak evidence-base underpinning this recommendation". It also notes that variation in disease and risk between individuals "casts doubt on the appropriateness of assigning a 'fixed and universal' recall interval (e.g. six months) for all patients".

That review is UK NHS evidence from a trial in UK general dental practice, and it enrolled adults only — so it is not Australian guidance and should not be read as a reason to stretch your own interval. What it does support is the Department's own position: the interval belongs to you and your dentist rather than to a rule.

It also records the trade-off in both directions. "Short recall intervals may also increase the potential for iatrogenic over-diagnosis and over-treatment." And: "Longer recall intervals may reduce iatrogenesis and short-term resource consumption but may also compromise oral health by reducing the frequency of the delivery of preventive advice and delaying the diagnosis of dental disease, thereby resulting in more extensive and costly care."

Sources: Better Health Channel (Victorian Department of Health), Teeth and mouth care, betterhealth.vic.gov.au (reviewed 25 July 2025); Tooth decay, betterhealth.vic.gov.au (reviewed 28 June 2025); Dental erosion, betterhealth.vic.gov.au (reviewed 22 October 2025); Gum disease, betterhealth.vic.gov.au (reviewed 1 August 2025); Diabetes and oral health, betterhealth.vic.gov.au (reviewed 29 October 2025); Dental treatment, betterhealth.vic.gov.au (reviewed 3 June 2026); Dental checks for young children, betterhealth.vic.gov.au (reviewed 11 February 2026); Cochrane Database of Systematic Reviews, Recall intervals for oral health in primary care patients, pmc.ncbi.nlm.nih.gov . All accessed 6 November 2026.

When not to wait for the next scheduled visit

A booking interval is for routine care. Several published situations have their own timeframes, and they override the schedule.

Immediately, or as soon as possible:

A knocked-out adult tooth — "seek professional help immediately", because "every minute a tooth is out of the gum, the less chance it has of surviving".

A chipped or cracked tooth — "may or may not be painful. Either way, you should see an oral health professional as soon as possible because early repair can improve the survival of a damaged tooth."

A filling that has come out — "see your oral health professional as soon as possible".

Sensitivity suggesting decay — "if you feel this kind of discomfort, speak to your dentist as soon as possible to have the decay treated".

Signs of gum disease in someone with diabetes — "please see your dentist immediately if you notice any signs and symptoms of gum disease".

Within two weeks:

A mouth ulcer. "See your dentist or doctor if your mouth ulcers don't clear up within 2 weeks, or if they frequently reoccur." And: "If you notice a mouth ulcer that lasts for longer than 2 weeks, get it checked by a dentist as soon as you can."

Any of the mouth cancer symptoms: "if you experience any of these for more than two weeks, you should speak to your dental practitioner or doctor".

Within four weeks:

Bleeding gums that have not settled. "Do not stop brushing if your gums are red, bleeding or puffy", and "if your gums do not improve or if they keep bleeding after four weeks, see your oral health professional".

And a few weeks, for the jaw. healthdirect, the Australian Government's health information service: "If your TMJ dysfunction does not get better after a few weeks, it can lead to chronic (long-term) jaw pain."

If it has simply been a long time. "If you have not had a dental visit for a while, it is a good idea to book one." And the reason not to wait for a symptom: "Having no pain does not always mean that your teeth and mouth are healthy", because "the early signs of dental disease can be difficult to see".

One note on the public system, for anyone weighing options. Victorians with priority access "are offered the next available appointment for general care. They are not placed on the general waiting list", while "all other people seeking routine dental or denture care need to place their name on a waiting list". We are not going to state a waiting time, because the published material gives none.

Sources: Better Health Channel (Victorian Department of Health), Dental injuries, betterhealth.vic.gov.au (reviewed 4 August 2026); Dental fillings, betterhealth.vic.gov.au (reviewed 1 August 2025); Tooth decay, betterhealth.vic.gov.au (reviewed 28 June 2025); Diabetes and oral health, betterhealth.vic.gov.au (reviewed 29 October 2025); Mouth ulcers, betterhealth.vic.gov.au (reviewed 13 October 2025); Dental anxiety and phobia, betterhealth.vic.gov.au (reviewed 22 October 2025); Mouth cancer, betterhealth.vic.gov.au (reviewed 11 September 2025); Gum disease, betterhealth.vic.gov.au (reviewed 1 August 2025); Teeth and mouth care, betterhealth.vic.gov.au (reviewed 25 July 2025); healthdirect (Australian Government), Temporomandibular joint dysfunction, healthdirect.gov.au (the page states it was last reviewed November 2025); Victorian Department of Health, Access to Victoria's public dental care services, health.vic.gov.au . All accessed 6 November 2026.

Frequently asked questions

Do you offer Saturday appointments?

Yes. Saturday is part of how we stay available across our clinics. Most open from 8.00am to 1.30pm, and Bayside opens from 8.30am to 1.30pm. We are closed on Sundays.

Do you offer appointments after work or school?

Our weekday hours run until 6.00pm, which suits after-school and after-work bookings. We also offer early morning times from 8.00am. Ask when you book for the times that suit you.

Can children see the dentist after school?

Yes, our weekday hours to 6.00pm help families with school-aged children. We bulk bill eligible children aged 0 to 17 under the Child Dental Benefits Schedule, and Services Australia determines eligibility.

Is the dentist near me open on Sunday?

No. All nine of our clinics are closed on Sundays. For urgent problems on a Sunday, call 000 for life-threatening symptoms or contact an emergency dental service, and call us on the next open day.

How often should I book a check-up?

The published answer is to ask. "Ask your oral health professional how often you should have a dental check-up." For children: "Everyone has different oral health needs and risk levels that determine how often they should have a check-up."

Is there a range at all?

Yes, where it serves a purpose. "Regular visits to the dentist (every 6 to 12 months) are important so that decay can be identified at this early stage when a filling can be avoided", and for erosion, "every six to twelve months so that they can identify dental erosion early".

Is six months the correct interval?

The evidence is weaker than the habit. A Cochrane review notes that "6-month dental check-ups have traditionally been advocated by general dental practitioners in many high-income countries", but that "there is, however, a weak evidence-base underpinning this recommendation". That review is UK NHS evidence from adults only, so it is not Australian guidance — and it is not a reason to stretch your own interval without discussing it.

Is there a downside to coming too often?

The same review notes that "short recall intervals may also increase the potential for iatrogenic over-diagnosis and over-treatment", and that longer intervals "may also compromise oral health by reducing the frequency of the delivery of preventive advice and delaying the diagnosis of dental disease".

When should a child first be seen?

"Children should have their first dental check-up by 1 year of age", and "every child should have a dental check by the time they turn 1".

I have diabetes — is my interval different?

The Department gives one: "Visit your dentist every 6 to 12 months for advice about how to keep your teeth and gums healthy."

When should I not wait for my next booking?

For a knocked-out adult tooth, "seek professional help immediately". For a chip or crack, "as soon as possible" whether or not it hurts. For a filling that has come out, "as soon as possible". For sensitivity suggesting decay, "speak to your dentist as soon as possible". And for anyone with diabetes noticing gum disease signs, "please see your dentist immediately".

What has a two-week limit?

A mouth ulcer: "See your dentist or doctor if your mouth ulcers don't clear up within 2 weeks." And any mouth cancer symptom: "if you experience any of these for more than two weeks, you should speak to your dental practitioner or doctor".

What has a four-week limit?

Bleeding gums. "If your gums do not improve or if they keep bleeding after four weeks, see your oral health professional."

And jaw pain?

"If your TMJ dysfunction does not get better after a few weeks, it can lead to chronic (long-term) jaw pain."

It has been years since my last visit. What now?

"If you have not had a dental visit for a while, it is a good idea to book one." And do not use comfort as the test: "Having no pain does not always mean that your teeth and mouth are healthy."

Is the public system an option?

For those eligible, yes. Victorians with priority access "are offered the next available appointment for general care. They are not placed on the general waiting list", while everyone else "need to place their name on a waiting list". The published material gives no waiting time, so we are not going to quote one.

Related services and further reading

Affordability at Core Dental

Ambience at Core Dental

Dental payment plans

Emergency dentistry

Children's dentistry

Our dentists and registered specialists

General dentistry

Contact us

Core Dental at a glance

Nine Core Dental clinics across Melbourne: Southbank, South Melbourne, Caroline Springs, Carrum Downs, Epping, Wyndham, Berwick, Bayside and Glenferrie.

Open six days a week: Monday to Friday 8.00am to 6.00pm and Saturday mornings.

Interest-free payment plans, HICAPS on-site claiming and bulk billing for eligible children under the Child Dental Benefits Schedule.

Invisalign Blue Diamond provider, as stated on coredental.com.au.

Contact Core Dental

Phone	13 13 16
Booking	Online via the BOOK NOW button on coredental.com.au
Hours	Monday to Friday 8.00am to 6.00pm, Saturday 8.00am to 1.30pm (Bayside 8.30am), Sunday closed
Clinics	Southbank , South Melbourne , Caroline Springs , Carrum Downs , Epping , Wyndham , Berwick , Bayside , Glenferrie

Results, recovery times and potential risks vary for each individual. This information is general in nature and is intended for people over 18. Seek advice from a qualified, AHPRA-registered practitioner before proceeding.

What are the opening hours at Core Dental clinics?

Our Core Dental clinics are open Monday to Friday from 8.00am to 6.00pm and on Saturday from 8.00am to 1.30pm. Core Dental Bayside opens on Saturdays from 8.30am to 1.30pm. All clinics are closed on Sundays.

How many Core Dental clinics are there in Melbourne?

Core Dental has nine clinics across Melbourne: Southbank, South Melbourne, Caroline Springs, Carrum Downs, Epping, Wyndham, Berwick, Bayside and Glenferrie. Each has its own address and direct phone number, and the group number is 13 13 16.

Does Core Dental reserve appointments for dental emergencies?

Yes. We reserve appointments each day for dental emergencies at all our clinics. Call 13 13 16 early. Same-day assessment depends on clinical urgency, the clinic and clinician capacity, so it is not guaranteed.

Which phone number do I call to book with Core Dental?

Call 13 13 16 to reach Core Dental and our team will help you find a clinic and a time. You can also phone your chosen clinic directly or use the BOOK NOW button on coredental.com.au.

What is the Saturday opening time at Core Dental Bayside?

Core Dental Bayside, at G.04/973 Nepean Highway, Bentleigh, opens on Saturdays from 8.30am to 1.30pm. Our other clinics open on Saturdays from 8.00am to 1.30pm. Bayside opened on 7 September 2026.

Is Core Dental open on Sundays?

No. All nine Core Dental clinics are closed on Sundays. We are open six days a week, Monday to Saturday. For life-threatening symptoms call 000, and contact us on the next day we are open.

What should I bring when I book a dental appointment with Core Dental?

Tell us your concern, symptoms, timing and goals when you book. Bring relevant medical information and a current list of medicines. Our dentist can then assess your teeth, gums and bite and explain suitable options.