Periodontist and Gum Disease Care | Core Dental Wyndham

Canonical: https://www.coredental.com.au/specialist-care/periodontics/

Details:

Gum disease, or periodontitis, is a chronic infection that causes deterioration of the gums and the bone that supports the teeth. At Core Dental our general dentists and dental hygienists look after most gum health needs, and when a case is complex we can involve our registered specialist periodontist, Dr Nupur Kataria, who sees patients at our Wyndham practice. Whether you need specialist care depends on an examination, and results vary for each person.

What is gum disease?

Gum disease, or periodontitis, is a chronic infection that causes deterioration of the gums and the underlying bone that supports the teeth. It begins with inflammation of the gums, known as gingivitis, and can progress if it is not treated. Symptoms include soreness, swelling or bleeding gums. If you notice these, please book an examination rather than waiting for them to settle.

Why is it important to treat gum disease early?

Treatment is important to help prevent receding gums, tooth sensitivity and, ultimately, tooth loss. Gum disease can develop without much pain, so regular check-ups and professional cleaning help us find problems early. Our clinicians will explain what we find, what treatment is suggested and what you can do at home.

What is periodontics?

Periodontics is a specialised field of dentistry concerned with the structures that surround and support the teeth, particularly the gums. It focuses on diagnosing, treating and managing conditions that affect the gum tissues and the bone supporting the teeth.

What do periodontists commonly do?

Periodontists spend much of their time treating gum disease. Depending on the case, their work can include:

Gum surgery, such as procedures to address gum recession.

Bone grafting surgery to restore lost bone structure.

Dental implant placement.

Treatment of gingivitis.

Managing periodontal disease to help stop it progressing and keep the condition stable.

Not every person with gum disease needs surgery, and your dentist or periodontist will explain the options and the risks of each.

How does dental hygiene help your gums?

Gum care begins with an assessment and evaluation of your gum tissue by your general dentist. If your dentist feels your case is complex, they will ask you to see a specialist periodontist. Either your general dentist or the periodontist will then assess your gum condition and explain what may be needed to return you to good gum health. This can include removal of calculus (tartar), plaque and staining, and possibly the application of agents that help prevent decay.

Much of this can be completed by our team of dental hygienists, and part of the treatment is a home care routine designed for you. See our dental hygiene page for more.

Should you see a periodontist or a general dentist?

General dentists and dental hygienists can treat gum disease, and general dentists can perform gum surgery and place implants. In complex cases we recommend specialist care so that the quality of the outcome is not compromised. To register with the Dental Board of Australia as a specialist, a periodontist in Australia must hold a general dental qualification plus additional postgraduate training in periodontics. You can check any practitioner's registration on the AHPRA register at ahpra.gov.au.

Who is our specialist periodontist?

Dr Nupur Kataria is listed on our team page as a Specialist Periodontist. Her qualifications are BDS (Adel) and Doctorate of Clinical Dentistry (Periodontics) (Adel). Dr Kataria sees patients at Wyndham on Thursdays, weekly, and she works with referring dentists and specialists. Specialist sessions can change, so please confirm the next available session when you book. You can read more on our dentists and registered specialists page.

How much does gum treatment cost, and how can you pay?

Fees depend on the diagnosis, the treatment needed and the number of visits, so we give you a written treatment plan and quote before treatment starts. We offer interest-free payment plans through Payright for amounts up to $20,000 over 3 to 30 months with fortnightly repayments, subject to eligibility and approval. HICAPS claiming is available on-site, and any rebate depends on your own health fund cover. Terms were published as at September 2026, so please confirm them when you book.

How do you plan your care?

When you book, explain your symptoms, when they started and what you would like to achieve. Bring relevant medical information and a list of your medicines. Our clinicians will assess your teeth, gums and bite, may request imaging where it is clinically appropriate, and will explain your options. Ask what the recommended approach is intended to achieve, what alternatives exist, what aftercare involves and what risks apply.

Call 000 immediately for uncontrollable bleeding, difficulty breathing or swallowing, serious facial injury or other life-threatening symptoms. For severe pain or swelling without these signs, contact your nearest practice promptly.

Where does periodontics sit among the recognised specialties?

Periodontics is not a self-described interest in gums. It is a formal area of specialist registration, which means the title can be checked.

The Dental Board of Australia recognises thirteen dental specialties in Australia, approved by the Australian Health Workforce Ministerial Council, and periodontics is one of them. Specialist registration in it requires a qualification in the specialty, all the requirements for general registration as a dentist, and "a minimum of two years general dental practice" — so a registered periodontist has practised as a general dentist before specialising. Where the qualification was obtained overseas and is not Board-approved, periodontics is among the specialties covered by the Board's qualification equivalence pathway.

Verification does not rely on anything a practice publishes. Ahpra maintains an online register of every dental practitioner in Australia which records current registration status and, for dentists holding specialist registration, the specialty concerned. You can confirm a periodontist's registration at ahpra.gov.au.

Source: Dental Board of Australia, Specialist Registration, dentalboard.gov.au (page reviewed 18 March 2025; accessed 3 November 2026).

Who else works on gum health, and what governs what they can do?

Gum care is shared work. A general dentist, a hygienist, an oral health therapist and a periodontist may all be involved, and the rule deciding who does what is the same for all of them.

The Dental Board's scope of practice registration standard applies to "all registered dental practitioners except those with student or non-practising registration" and requires that "dental practitioners must only perform dental treatment: a. for which they have been educated and trained, and b. in which they are competent."

Dental hygienists, dental therapists and oral health therapists are divisions of dental practitioner in their own right, and the Board confirms they "must adhere to the same Scope of practice registration standard as all other divisions of dental practitioners." Their titles are protected: the Board notes that "you can only use the protected title of dental hygienist if you are registered in that division." A registered oral health therapist, it adds, "is considered qualified to practise as dental therapist and/or dental hygienist."

The detail that matters most to a patient is about variation between individuals. The Board states that scope "depends on your education, qualifications, training, experience, and competence", and that consequently "even within a division, your scope may vary from another practitioner's. You should not rely on your scope being the same as a colleagues, as your training, experience and competence may be different from theirs."

So two hygienists with identical registration may not do identical work, and the same is true of two general dentists treating gum disease. The standard also frames the team explicitly: all dental practitioners "are members of the healthcare team" who "are expected to work with other members of the healthcare team to provide the best possible care and outcome for their patients." Referral to a periodontist is contemplated by the standard rather than being a sign that something has gone wrong.

Sources: Dental Board of Australia, Dental hygienist, dental therapist and oral health therapist, dentalboard.gov.au (page reviewed 18 March 2025); Dental Board of Australia, Scope of practice registration standard, dentalboard.gov.au (effective 1 July 2020). Both accessed 3 November 2026.

Frequently asked questions

What are the signs of gum disease?

Symptoms include sore, swollen or bleeding gums. Gum disease can also develop with few symptoms, so regular check-ups matter. Book an examination if you notice any change.

Can gum disease be cured?

Gum disease is a chronic condition. Treatment aims to control the infection and keep it stable, and good home care and regular professional visits help. Your clinician will explain what to expect.

Do I need a referral to see a periodontist?

Referral arrangements vary, and your dentist usually recommends a periodontist when a case is complex. Call 13 13 16 and our team will explain how to arrange it.

Is gum surgery painful?

Comfort varies by person and by procedure. Your clinician will explain what to expect, the anaesthetic options and the aftercare before treatment, and you can ask questions at any stage.

How do I keep my gums healthy?

Brush at least twice a day, clean between your teeth daily, limit sugary snacks and have regular check-ups and professional cleans. Your hygienist can show you techniques that suit you.

Is periodontics a recognised dental specialty?

Yes. It is one of the thirteen dental specialties in Australia approved by the Australian Health Workforce Ministerial Council and recognised by the Dental Board of Australia. Specialist registration requires a qualification in the specialty, all the requirements for general registration as a dentist, and a minimum of two years general dental practice.

How do I confirm someone is a registered periodontist?

Look them up on the register Ahpra publishes at ahpra.gov.au. It records a practitioner's current registration status and, for dentists who hold specialist registration, the specialty concerned.

Are hygienists and oral health therapists registered practitioners?

Yes. The Dental Board treats dental hygienists, dental therapists and oral health therapists as divisions of dental practitioner, and they must meet the same scope of practice registration standard as every other division. Their titles are protected, so the title of dental hygienist can only be used by someone registered in that division.

Do all hygienists do the same work?

Not necessarily. The Board states that scope of practice depends on education, qualifications, training, experience and competence, and that even within a division one practitioner's scope may differ from another's. So the useful question is about the individual clinician rather than the job title.

Does a referral to a periodontist mean something has gone wrong?

No. The scope of practice standard describes all dental practitioners as members of the healthcare team who are expected to work with other members of it to provide the best possible care and outcome. Referral is part of how the standard expects care to work.

Can an overseas-qualified periodontist register here?

Periodontics is among the specialties covered by the Board's qualification equivalence pathway, which applies where a specialist qualification has not been approved by the Board.

Related services and further reading

Specialist care

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General dentistry

Dental implants

Endodontist

Oral and maxillofacial surgeons

Orthodontist

Paediatric dentist

Dentists and registered specialists

Dental payment plans

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.

Specialist periodontist at Wyndham on Thursdays, weekly, subject to change.

Interest-free payment plans and HICAPS on-site claiming.

Call 13 13 16 or book online.

Contact Core Dental

Phone	13 13 16
Booking	Online through coredental.com.au, or call 13 13 16
Hours	Monday to Friday 8.00am to 6.00pm, Saturday 8.00am to 1.30pm (Bayside Saturday 8.30am to 1.30pm), Sunday closed
Clinics	Find your nearest practice

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 is gum disease at Core Dental?

Gum disease, or periodontitis, is a chronic infection that causes deterioration of the gums and the bone supporting the teeth. At Core Dental our dentists and hygienists assess and treat it, with specialist

periodontist care for complex cases.

What are the symptoms of gum disease?

Symptoms include soreness, swelling or bleeding gums. Core Dental recommends booking an examination if you notice these, since our clinicians can assess your gums and explain what treatment, if any, is suitable.

Who is the specialist periodontist at Core Dental?

Dr Nupur Kataria is listed on Core Dental's team page as a Specialist Periodontist, with BDS (Adel) and a Doctorate of Clinical Dentistry (Periodontics) (Adel). She sees patients at our Wyndham practice.

Which Core Dental practice has a periodontist?

Our periodontist, Dr Nupur Kataria, sees patients at Core Dental Wyndham on Thursdays, weekly. Specialist sessions can change, so confirm the next available session with our team when you book.

What procedures can a periodontist perform?

A periodontist can treat gum disease and gingivitis, perform gum surgery for recession, carry out bone grafting, place dental implants and manage periodontal disease. A Core Dental clinician will explain which options suit you.

Can a general dentist at Core Dental treat gum disease?

Yes. Our general dentists and dental hygienists can assess and treat gum disease, including removal of calculus and plaque and home care coaching. For complex cases we recommend care from our specialist periodontist.

Does Core Dental offer payment plans for gum treatment?

We quote before treatment starts and offer interest-free Payright plans for amounts up to $20,000 over 3 to 30 months, subject to eligibility and approval. HICAPS claiming is available on-site. Terms published as at September 2026.

How do I book a gum health appointment at Core Dental?

Call Core Dental on 13 13 16 or book online through coredental.com.au. Tell us about your symptoms, and we will arrange an examination with a dentist or hygienist, or a specialist periodontist where suitable.