Understanding Your Treatment | Core Dental

Canonical: https://www.coredental.com.au/understanding-your-treatment/

Details:

At Core Dental we treat informed consent as a standard of practice. Before any treatment begins, we explain what we propose, what the alternatives are, what the procedure involves and what to expect during recovery, in a way that helps you genuinely understand. We give you a written treatment plan and quote, you can take it home to consider, and we can explain it in your preferred language where a team member at that clinic speaks it. This page also sets out general information about whitening, composite bonding, Invisalign, porcelain veneers and dental implants.

How does Core Dental approach informed consent?

Informed consent means you agree to treatment only after you understand it. At each Core Dental clinic your dentist or specialist will talk through the diagnosis, the recommended treatment, the reasonable alternatives (including doing nothing), the material risks, the likely recovery and what it will cost. You are welcome to ask questions at any stage of your treatment, and to seek a second opinion from an appropriately qualified dentist or registered specialist before you proceed.

Treatment is only provided if, at your consultation, it is clinically indicated and of benefit to you. We do not encourage the indiscriminate or unnecessary use of health services. Outcomes and recovery times vary for each person, and no outcome is guaranteed.

Can you have your treatment explained in your preferred language?

Yes, where a team member at your clinic speaks it. We will accommodate your language preference where we have that capability at your location. When a team member explains your treatment plan in the language you are most comfortable with, you are more likely to ask questions, to understand what will happen and to know what you need to do at home. Ask us when you book if you would like to be seen by a clinician who speaks a particular language, and we will let you know who is available.

What is in our written treatment plan?

We give you a detailed written treatment plan before any work begins. It sets out:

The recommended dental procedures

Why each procedure is recommended

What each procedure will cost, itemised by procedure code

How long treatment is expected to take

What you can expect during and after treatment

You can take the plan home, read it carefully and return with questions. You will not be pressured to proceed straight away. Fees vary with clinical complexity, time and materials, and we confirm any change to the plan and the quote with you before it goes ahead. You can find more about payment options on our dental payment plans page.

What should you do before your appointment?

After you book online, a team member will send you a link to complete the new patient form. Please complete it before your appointment, or arrive 10 minutes early to complete it at reception.

Bring your private health insurance card, physical or digital, if you have one.

Bring a list of your current medications and any relevant medical history.

Tell us about any allergies, medical conditions or medications. In uncommon cases people react to local anaesthetic or dental materials.

Explain your concern, symptoms, timing and goals when you book, so that the practitioner can assess your teeth, gums and bite and explain which options are suitable.

What should you know about teeth whitening?

Whitening treatment is suitable for many people, but not everyone, and your dentist will assess your individual circumstances first. Our teeth whitening page explains the options.

Whitening sensitivity

Tooth and gum sensitivity is common during or after whitening and can range from mild to more noticeable discomfort. It usually settles within a few days. If it persists, additional care or adjustments to your whitening plan may be recommended.

Whitening results

Results vary between individuals depending on tooth colour, enamel thickness and lifestyle habits such as coffee, tea and smoking. Not all types of discolouration respond equally to whitening, and in some cases other cosmetic options may suit you. We recommend a professional dental clean about two weeks before whitening.

Whitening aftercare

Following your dentist's aftercare instructions helps maintain your result and limit sensitivity. This may include avoiding certain foods or drinks, using a sensitive toothpaste or having occasional touch-up treatments.

What should you know about composite bonding?

Composite bonding is a cosmetic treatment that uses a tooth-coloured resin to repair chips, close gaps, reshape teeth or change the look of your smile. It is a conservative and minimally invasive option, but, as with any dental procedure, there are considerations to understand first.

How composite bonding is done

Composite resin is applied directly to the tooth surface, sculpted and polished to blend with your natural teeth. Treatment is usually completed in a single visit, although several teeth or complex cases may need more appointments. Bonding does not need significant removal of tooth structure, so it is less invasive than veneers or crowns.

Longevity and risks of bonding

Composite resin is durable but not as strong as porcelain. It can chip, wear or stain over time, particularly with habits such as grinding, nail-biting or smoking. Colour matching is done carefully, but exact results may vary, and future changes in your natural teeth may alter the look of the bonded area. Bonding may need to be refreshed or replaced every few years.

Sensitivity and oral health after bonding

Some people have temporary sensitivity after treatment, which usually settles quickly. Good oral hygiene and regular dental care help reduce the risk of decay around the bonded area and gum irritation.

Limitations of bonding

Bonding does not suit every case. For large fractures, severe wear or major misalignment, other options such as crowns , veneers or orthodontics may be more appropriate. Your dentist will discuss your goals and advise you.

What should you know about Invisalign?

Invisalign is a series of clear, removable aligners that gradually move your teeth. A dentist or orthodontist will advise whether it is right for you, and you should follow the directions for use. As with almost all medical and dental treatment, orthodontic treatment carries risks. Cooperation, planning and careful management can reduce them. Read more on our Invisalign and Invisalign fees pages.

Invisalign treatment process and ongoing care

The length of treatment depends on the complexity of the case and on how consistently you wear your aligners. Orthodontics is a long-term commitment, and retainers are needed afterwards to help hold your teeth in position. You may need to adjust your eating habits a little, although most people continue their usual daily activities. Mild discomfort or sensitivity is common when you change to a new aligner and usually settles as you adjust. Your practitioner will give you a personalised maintenance plan, which may involve costs beyond your initial treatment.

Gum disease and tooth decay during orthodontics

Everyone having orthodontic treatment first needs a full dental and periodontal assessment, and any necessary dental work must be completed before orthodontic treatment begins. Responsibility for keeping your teeth and gums healthy remains with you during treatment. If your general dental health is not maintained, we may ask you to pause orthodontic treatment until it improves. To help prevent gum disease, decay and decalcification we recommend:

A thorough home oral hygiene routine

A professional dental clean every four months

General check-ups by your dentist every six months during treatment

A diet low in sugar

Tooth root shortening and tooth vitality

Root resorption may occur during treatment and is unpredictable. Most cases have no long-term effect, but in a minority the long-term outlook for the teeth may be affected. People who have had orthodontic treatment before may be at greater risk of resorption when treated again. Tooth vitality refers to the health of the nerves in your teeth. Moving teeth that have had trauma or deep fillings can further affect the nerve, leading to possible loss of vitality and discolouration. Affected teeth may need further treatment, such as root canal therapy and cosmetic dental work.

Relapse, retainers and growth changes

Teeth continue to move with age, even in people who have never had orthodontic treatment. Retainers help prevent this ongoing movement. If you do not wear your retainers as instructed, you can expect your teeth to move, and re-treatment at an additional cost may be needed. The fee depends on the amount of movement and how long appliances are in place. Jaw growth that is atypical in direction or extent may change the course or length of treatment, and growth after treatment ends may alter the final result. This cannot always be predicted, and re-treatment or surgery may be recommended.

Wisdom teeth, bone and gum health

Impacted wisdom teeth that remain after orthodontic treatment may affect how stable your result is. Please discuss this risk with your orthodontist, who may refer you to an oral and maxillofacial surgeon. If you choose not to have an assessment or recommended treatment, your newly aligned teeth may move. The health of your bone and gums should be assessed by a general dentist or Specialist Periodontist before orthodontic treatment begins, and periodontal disease can progress if oral hygiene is not maintained and you do not remain under regular care.

Jaw joint symptoms

During treatment some people develop jaw pain or problems with jaw function. This can be difficult to predict and may have occurred regardless of orthodontic treatment, and any link between orthodontic treatment and jaw joint dysfunction is uncertain. If jaw pain develops, tell your treating orthodontist, because changes to your treatment plan may be needed. You can read more in our article on TMJ and jaw pain treatment .

Treatment time, extractions and additional procedures

Treatment time varies with how your teeth and jaws respond and with how consistently you follow instructions. Inconsistent wear, missed appointments and pre-existing dental factors can extend treatment time or affect results. If teeth are fused to the bone (ankylosed) and cannot be moved, another approach will be needed. Individual responses vary, and in some cases teeth may need to be extracted part way through treatment. If extraction was not part of the original plan, your orthodontist will discuss the change with you. More complex cases may need attachments, elastics, minor reshaping of teeth or other devices. Existing dental conditions, medical issues or medications may also influence progress. Teeth that have had trauma or heavy restoration may respond differently and, in rare cases, need extra treatment, and in some cases oral surgery may be recommended to correct crowding or jaw discrepancies.

Temporary changes while wearing aligners

Some people notice temporary changes in their bite, speech or salivation, or minor irritation to the gums, cheeks or lips. These effects are usually short-lived and improve as you adapt to your aligners.

What should you know about porcelain veneers?

Porcelain veneers are thin custom-made sheets of porcelain used to change the colour and shape of a tooth. Please follow the directions for use. Our porcelain veneers page explains the process in more detail.

Veneer treatment process, recovery and ongoing care

Most veneer treatments are completed over 2 to 6 visits, depending on complexity, and you can usually continue your normal activities. In some cases a short rest or recovery time may be needed, and healing varies between individuals. Settling generally occurs within about two weeks. Maintenance is important for the long-term success of your restoration, and your practitioner will give you a personalised care plan. Additional maintenance costs may apply beyond your initial treatment plan.

Veneer sensitivity and nerve complications

We take care to limit sensitivity, but some people have temporary sensitivity that usually settles within days or weeks of cementation, and some have ongoing sensitivity to temperature or pressure. Occasionally the nerve of a tooth responds poorly to veneer preparation, during or after treatment, and may need root canal treatment. This is most common in teeth with fractures, large fillings or a history of trauma, but can also occur spontaneously in rare cases. Preparing a tooth for a veneer often removes a thin layer of enamel, which cannot be replaced naturally.

Veneer preparation appointment and temporary veneers

Our ceramists can take up to two weeks to make veneers. While you wait, your dentist places plastic temporary veneers so you can smile and chew, and so you can assess the length, shape and size of the proposed veneers. Temporary veneers do not have the strength or texture of porcelain and may chip or stain. If you have a problem with them, please contact our practice as soon as possible for repair.

Permanent cementation of veneers

On the day your veneers are inserted, your dentist temporarily cements them so you can review the shape, colour and size and request changes. Please tell your dentist about any concerns and consent to permanent cementation only if you are happy with the result. Once cemented, veneers can no longer be altered, and any change after you have consented to cementation attracts a fee.

Chipping of porcelain veneers and night guards

Porcelain is a strong material, but extreme hard forces may chip or fracture it. Your dentist will usually recommend a custom-fitted night guard to protect your veneers from clenching and grinding while you sleep, and you will need to wear it every night to avoid early damage. Avoid unnecessary stress on your veneers, for example by opening packets or bottles with your teeth or biting hard things such as fingernails, ice and hard lollies.

Life expectancy of veneers

Veneers are often expected to last at least ten years, and some last longer, but this is not guaranteed. Longevity can be reduced if a careful maintenance routine is not followed. That routine is a check-up and clean every six months, or more often if your dentist recommends, wearing your night guard every

night you sleep, and avoiding biting into hard foods or chewing fingernails. If you do not follow this advice, your veneers may fail early and repair or replacement may carry a fee.

Which type of practitioner provides veneers

Porcelain veneers can be provided by general dentists and by Specialist Prosthodontists. A prosthodontist has a formal post-graduate qualification in dental restorations and the bite (occlusion). A general dentist normally has substantial extra training in cosmetic dentistry in addition to a general dental degree. You will usually see a general dentist for veneers at Core Dental. If you would prefer to be referred to a Specialist Prosthodontist, please tell us before treatment so that we can arrange it.

What should you know about All-on-4 and dental implants?

Traditional dental implants are often used to replace one or several missing teeth, with an implant placed in the space of each lost tooth. All-on-4 implants are designed to replace a full arch of upper or lower teeth, typically supported by four to six implants. At Core Dental we plan each case carefully, using a clinical examination and imaging to help guide treatment and reduce risk. As with any surgical procedure, there are important considerations. See our dental implants and All-on-4 dental implants pages, and our article on dental implants or root canal treatment .

Implant treatment process and recovery

Some changes to your lifestyle, such as stopping smoking, may be needed before treatment, and long-term changes to diet or habits may be recommended to protect your result. Recovery varies between individuals. Most people have swelling, discomfort or bruising in the first few days, with improvement usually noticed after about day four. Healing is usually complete within about two weeks, although you may need extra rest and recovery time.

Surgical and post-surgical implant risks

In the upper jaw, implants are placed close to the sinuses, which can carry risks such as sinus involvement or reduced implant stability. In the lower jaw, implants are near the nerves that supply the lip, chin and tongue, and rarely this may alter sensation. The change is usually temporary but can occasionally be prolonged. Implant stability can vary, and in some cases a temporary removable denture may be needed during healing instead of a fixed bridge. Implant failure is uncommon but possible if an implant does not integrate with the bone. A failed implant needs to be removed and, if appropriate, replaced.

Implant recovery and aftercare

Mild to moderate pain, swelling and bruising are expected and can usually be managed with prescribed medication. Bleeding for up to 48 hours after surgery is not uncommon. Most people can resume light daily activities within 24 to 48 hours, although strenuous activity and sport should be avoided for up to 10 days. Smoking significantly increases the risk of complications and treatment failure. A soft food diet is recommended in the early recovery phase, and regular follow-up visits, every four to six months, are important for monitoring and long-term success.

Additional implant procedures

In some cases extra surgical steps, such as bone grafting or sinus lifts, are needed to support implant stability. These carry their own risks, which your practitioner will discuss with you.

What are the important considerations before any treatment?

All dental procedures carry risks.

Alternative treatment options may be available.

A consultation with a registered dental practitioner is needed to decide suitability, risks and alternatives.

We recommend seeking a second opinion from an appropriately qualified health practitioner before proceeding.

You are encouraged to ask questions and seek clarification at any stage.

You can check any practitioner's registration on the AHPRA register at ahpra.gov.au.

If you feel anxious about treatment, you may like to read our article, are you anxious about your next treatment? Call 000 immediately for uncontrollable bleeding, breathing or swallowing difficulty, serious facial injury or other life-threatening symptoms.

Frequently asked questions

Do you give me a written treatment plan before work starts?

Yes. We give you a detailed written treatment plan with itemised costs, expected treatment time and what to expect during and after treatment. You can take it home and return with questions.

Can I take time to decide on treatment?

Yes. You can take your treatment plan home, review it and come back with questions. You will not be pressured to proceed straight away, and you are welcome to seek a second opinion.

Can you explain my treatment in my own language?

We will accommodate your language preference where a team member at your clinic speaks it. Ask us when you book, and we will let you know who is available.

Should I get a second opinion?

We recommend seeking a second opinion from an appropriately qualified health practitioner before proceeding with any significant treatment. You are welcome to ask us for your plan in writing to take with you.

What should I bring to my first appointment?

Bring your private health insurance card if you have one, a list of your current medications and any relevant medical history. Complete the new patient form before you arrive, or arrive 10 minutes early.

Related services and further reading

Teeth whitening

Porcelain veneers

Invisalign at Core Dental

Invisalign fees

Dental implants

Are you anxious about your next treatment?

TMJ and jaw pain treatment in Melbourne

Dental implants or root canal treatment

Dental payment plans

Our dentists and registered specialists

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.

Call 13 13 16 or book online.

Contact Core Dental

Phone	13 13 16
Online booking	Book Now at coredental.com.au
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	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 is Core Dental's approach to informed consent?

At Core Dental we explain what we propose, the alternatives, what the procedure involves and what recovery to expect before any treatment begins, so that you understand and agree. You can ask questions and seek a second opinion at any stage.

What does a Core Dental written treatment plan include?

A Core Dental written treatment plan lists the recommended procedures, why each is recommended, the cost of each itemised by procedure code, expected treatment time and what to expect during and after treatment.

Can I take my Core Dental treatment plan home?

Yes. Core Dental lets you take your treatment plan home to read carefully and return with questions. You are not pressured to proceed immediately, and we confirm any change to the plan and quote with you before it goes ahead.

Does Core Dental accommodate my language preference?

Core Dental accommodates your language preference where a team member at your clinic speaks it. Explaining a plan in your preferred language helps you ask questions and understand what to do at home. Ask when you book.

What happens if I need to change porcelain veneers after cementation?

At Core Dental your dentist cements veneers temporarily first so you can review them. Once you consent to permanent cementation they cannot be altered, and any change requested afterwards attracts a fee.

Why do Core Dental dentists recommend a night guard with veneers?

Core Dental dentists usually recommend a custom-fitted night guard because clenching and grinding at night can chip or fracture porcelain veneers. Wearing it every night helps protect them from early damage.

What forms should I complete before a Core Dental appointment?

After you book online, a Core Dental team member sends a link to the new patient form. Complete it before your appointment, or arrive 10 minutes early to complete it at reception, and bring your health insurance card and medication list.

How long can recovery take after dental implants at Core Dental?

Recovery varies for each person. Most Core Dental implant patients have swelling, discomfort or bruising in the first few days, with healing usually complete within about two weeks, and strenuous activity avoided for up to 10 days.