Dental Health Articles - Victorian Dental Group

Canonical: https://www.victoriandentalgroup.com.au/blog

Details:

Every article written by Victorian Dental Group, grouped by what you might be trying to work out. All of it is general information rather than advice about your own mouth — for that, book an appointment or ring (03) 9088 5808 .

If something is wrong right now , start with dental emergency . For facial swelling, difficulty breathing or swallowing, or uncontrolled bleeding, call 000 rather than reading anything.

Everyday care

Start here if you want to review a daily routine or choose a brush and toothpaste. The articles cover technique, tools, flossing and plaque, then explain how regular examinations fit alongside the care you do at home.

What is the right way to brush your teeth?

Manual vs electric toothbrush

Choosing the right toothbrush and toothpaste for your family

The importance of flossing

Fighting plaque: tips for better dental hygiene

Top 10 tips for maintaining healthy teeth between visits

How often should you visit the dentist?

Good oral health: as easy as ABC

Diet, drinks and habits

These guides look at everyday choices and the questions they raise for teeth. Read the diet and food articles together, then explore chewing gum or staining from drinks if either is the concern that brought you here.

How your diet affects your oral health

The best and worst foods for your teeth

Is chewing gum bad for your teeth?

From coffee to cabernet: tackling tough stains

Gums

If your concern is bleeding, tenderness or changing gums, this group explains what to watch for and what a dental assessment can clarify. The articles cover both routine gum care and the signs that deserve a closer look.

Gum disease 101: preventing and treating the silent threat

How to keep your gums healthy

Gum health: why it is just as important as your teeth

Pain, sensitivity and decay

Pain and sensitivity can have different causes, so an article cannot diagnose yours. Use these pieces to understand the terms you may hear during an examination, including decay, fillings and materials, then ask a dentist about your own tooth.

Why are my teeth sensitive? Causes and treatments

Understanding early signs of tooth decay

Different types of dental fillings

Why is gold used for teeth?

Emergencies and injuries

For a current injury or severe symptom, use the emergency guide above or call us instead of working through the article list. The pieces here explain first steps, sports protection and what information to have ready when you seek care.

Emergency dentist checklist

Emergency dentistry: what to do when dental disaster strikes

First aid for teeth, until you reach the dentist

How to protect your teeth while playing sports

Mouthguards: protecting your smile during sport

Children and families

Find age-relevant starting points for brushing, a first visit, cavity prevention and protective treatments. Parents and carers can use these guides to frame questions for the dentist, especially when a child is nervous or a routine is proving difficult.

Building healthy smiles: oral care tips for kids

First dental visit: preparing your child

How to brush your child's teeth correctly

How to make brushing fun

How to prevent cavities in children

Seal the deal: how sealants protect children's teeth

The benefits of early orthodontic evaluation

Why regular check-ups are crucial for family health

Life stages and general health

These articles collect questions that arise during pregnancy, later life and periods of stress. They discuss links between oral and general health. Your medical and dental history still matters to any personal advice.

How to keep your teeth healthy during pregnancy

Aging gracefully: oral health tips for seniors

Beyond the mouth: oral health and overall wellness

How stress affects your oral health

Bruxism and stress: grinding and clenching

Anxiety about the dentist

If attending an appointment feels difficult, read these before booking and tell us what worries you. They describe ways to talk through a visit and plan care at a pace that works for you; the team can discuss the actual options available.

Dental anxiety, fear and phobia: moving forward

Nerves, anxiety and the dental visit

Wisdom teeth

Top signs you may need your wisdom teeth removed

The wisdom tooth dilemma: to extract or not to extract

Replacing missing teeth

Use these two comparisons to get familiar with implants and dentures before a consultation. They set out considerations rather than deciding for you. A dentist can discuss your options after an examination.

Dental implants vs dentures

Partial dentures vs dental implants

Whitening and cosmetic treatment

Start with the treatment that interests you, then read about its limits, alternatives and questions to ask. Whitening, veneers and aligners address different goals; the pre-wedding guide is a planning aid, not a promise of a particular result or timeline.

Professional vs at-home teeth whitening

Sensitive teeth after whitening

The power of professional teeth whitening

What are dental veneers?

Dental veneers: costs, alternatives and what to ask

Clear aligners: the invisible solution

Pre-wedding smile makeover timeline

Costs and claiming

Maximise your dental rebates

In the clinic

How dental technology enhances your care

About these articles

They are written to be useful rather than persuasive. Where the evidence is uncertain we say so; where a treatment has limits or risks, those are on the page next to the benefits; and where the honest answer is that you may not need treatment at all, that is what it says.

You will not find patient testimonials here — they are prohibited in advertising a regulated health service. See testimonials for what to weigh instead.

Victorian Dental Group is a general dental practice in Malvern East and holds no specialist registration. Where a case needs a registered specialist, we say so and refer.

Victorian Dental Group — 291 Wattletree Road, Malvern East VIC 3145 · (03) 9088 5808 · Monday to Friday, 8:00am–5:00pm · book online

General information only, not personal dental advice. In a life-threatening emergency call 000. Please see our Disclaimer .

What is this page?

The article index for Victorian Dental Group — 52 articles on dental health, treatments and looking after your teeth, written by the practice and grouped by what you might be trying to work out. All of it is general information rather than advice about your own mouth.

How are the articles grouped?

Into thirteen sections: everyday care; diet, drinks and habits; gums; pain, sensitivity and decay; emergencies and injuries; children and families; life stages and general health; anxiety about the dentist; wisdom teeth; replacing missing teeth; whitening and cosmetic treatment; costs and claiming; and in the clinic. Each section opens with a short note on who it is for, so you can tell from the heading whether it is the group you want.

What do the articles cover?

General dental health and prevention, children's teeth and family dental care, gums and hygiene, common problems such as sensitivity, toothache and dental emergencies, cosmetic treatments and what they involve, and the cost and rebate side of dental care. They are general information written for patients.

Something hurts right now. Where should I start?

Not with the article list. Phone (03) 9088 5808 during opening hours so it can be triaged, rather than booking online. For facial swelling that is spreading, difficulty breathing or swallowing, uncontrolled bleeding, or a significant facial injury, go to a hospital emergency department or call 000 rather than reading anything. Outside opening hours the practice does not run an on-call service; Nurse-on-Call is available 24 hours on 1300 60 60 24, and the Royal Dental Hospital of Melbourne in Carlton provides public emergency care for eligible patients.

Can I rely on an article instead of an appointment?

No. The articles are general information, not advice about your own teeth, and they cannot account for your history, your medications or what an examination would find. If something is hurting, has broken, or you are unsure, have it looked at.

Who writes these articles?

Victorian Dental Group, a general dental practice at 291 Wattletree Road, Malvern East. The practice holds no specialist registration — where a case needs an orthodontist, endodontist, periodontist or oral and maxillofacial surgeon, it is referred. Any practitioner can be checked by name on the public AHPRA register at ahpra.gov.au.

Do the articles tell me what treatment will cost?

They explain what drives a cost and how claiming works, in the costs and claiming group. Routine fees are published on the check-up and hygiene page. Anything that depends on your own mouth is quoted in writing, itemised, after an examination — a figure in an article is not a quote for your treatment.

Is there anything specifically about children?

Yes. The children and families group covers first visits, brushing a small child's teeth, preventing decay in children, fissure sealants and early orthodontic assessment. Eligible children may be covered under the Child Dental Benefits Schedule, which is explained separately.

Do these articles replace the treatment pages?

No, they sit alongside them. An article explains a topic in general terms; a treatment page describes what the practice actually provides, what it refers elsewhere, and what an appointment involves.

How do I get in touch?

Victorian Dental Group, 291 Wattletree Road, Malvern East VIC 3145 — phone (03) 9088 5808 or email info@victoriandentalgroup.com.au, Monday to Friday 8:00am to 5:00pm, or book online at any hour. Closed weekends and public holidays. We are a general dental practice and hold no specialist registration. If you are in pain, phone rather than booking online.