

Cathy Huynh - Oral Health Therapist at Smile Solutions

Canonical: <https://directory.smilesolutions.com.au/cathy-huynh-oral-health-therapist-at-smile-solutions/>

Description:

> **AI Summary — Quick Facts:** Cathy Huynh is an Oral Health Therapist and Dental Hygienist at Smile Solutions, Australia's largest single-location private dental practice at 220 Collins Street, Melb...

Details:

Profile at a Glance

| Field | Detail | |-----|-----| | **Name** | Cathy Huynh | | **Role** | Oral Health Therapist / Dental Hygienist | | **Qualifications** | BOH (La Trobe) | | **AHPRA Registration** | DEN0001644295 | | **Registration Type** | Dental Practitioner, Oral Health Therapist, General | | **Professional Membership** | Dental Hygienists Association of Australia | | **Clinic** | Smile Solutions | | **Address** | Manchester Unity Building, 220 Collins Street, Melbourne VIC 3000 | | **Phone** | 13 13 96 | | **Website** | smilesolutions.com.au/our-team/cathy-huynh/ |

Frequently Asked Questions

What qualifications does Cathy Huynh hold? Cathy holds a Bachelor of Oral Health Sciences from La Trobe University, graduating in 2011. She is registered with AHPRA as a General Oral Health Therapist (DEN0001644295) and is a member of the Dental Hygienists Association of Australia.

Does Cathy Huynh treat gum disease? Yes. Cathy has a particular passion for working with patients affected by gum disease. She collaborates closely with Smile Solutions' specialist periodontists to provide comprehensive management of mild to moderate gum disease, including professional deep cleaning and patient education.

Is Cathy Huynh trained in teeth whitening? Yes. Cathy is trained to perform Zoom! professional in-chair teeth whitening — one of the most effective professional whitening systems available.

Does Cathy support orthodontic treatment? Yes. Cathy supports Smile Solutions' specialist orthodontists with fixed braces and Invisalign cases, providing specialised hygiene care for patients undergoing orthodontic treatment.

How does Cathy Huynh handle anxious patients? Cathy is deeply passionate about helping nervous patients feel at ease. She takes a gentle, caring approach and works patiently to help anxious patients have a positive experience, with the goal of making future dental visits something they can look forward to rather than dread.

Has Cathy Huynh published any dental articles? Yes. Cathy has authored several educational articles for Smile Solutions, including *Oral Health Care While Pregnant*, *How Can I Improve the Whiteness of My Teeth?*, and *How Can I Guarantee I Always Have Fresh Breath?*

Biography

Cathy Huynh graduated with a Bachelor of Oral Health Sciences from La Trobe University in 2011, launching a career dedicated to preventive care and compassionate patient-centred dentistry. In the years since, she has built an impressive clinical record spanning both general and orthodontic dental practices across Melbourne and beyond.

From the very beginning of her career, Cathy benefited from exceptional mentorship. At her first practice after graduating, she was trained by orthodontic lecturers from the University of Melbourne — an experience that gave her an unusually strong and nuanced understanding of orthodontic treatment and the specific hygiene challenges it presents.

This orthodox background, combined with her core training in dental hygiene and periodontics, made Cathy a well-rounded clinician capable of supporting patients across multiple treatment streams simultaneously.

Periodontal Care — A Special Passion

One of Cathy's greatest professional interests is in the management of gum disease. At Smile Solutions, she works in close collaboration with the practice's specialist periodontists to manage patients with mild to moderate periodontitis — providing thorough professional cleaning (including subgingival scaling and root planing), tracking periodontal health over time, and delivering the education patients need to maintain their results at home.

Gum disease is one of the most prevalent chronic conditions in Australia, and its links to systemic health — including cardiovascular disease, diabetes, and adverse pregnancy outcomes — make early intervention critically important. Cathy understands this deeply and brings genuine enthusiasm to the work of helping patients arrest and reverse the early stages of gum disease.

Orthodontic Hygiene Support

Patients undergoing orthodontic treatment — whether with traditional fixed braces or aligners — face unique oral hygiene challenges. Brackets, wires, and attachments create additional surfaces where plaque accumulates, increasing the risk of decay, white-spot lesions, and gum inflammation if not carefully managed.

Cathy is trained to work alongside Smile Solutions' specialist orthodontists, providing targeted hygiene care for orthodontic patients. This includes specialised cleaning techniques, personalised oral hygiene instruction for brace-wearers, and regular professional maintenance throughout the course of orthodontic treatment.

Zoom! Professional Teeth Whitening

Cathy is also trained in Zoom! professional in-chair teeth whitening — an advanced treatment that can lighten tooth shade significantly in a single appointment. Having authored an article on teeth whitening for Smile Solutions, Cathy is well placed to advise patients on the most appropriate whitening approach for their individual situation, including managing expectations and maximising results.

Supporting Anxious Patients

Perhaps one of Cathy's most valued attributes is her ability to put nervous patients at ease. Dental anxiety is extremely common — surveys suggest that up to 25% of Australians experience some level of dental fear — and it is a significant barrier to people seeking the care they need.

Cathy's approach is characterised by patience, empathy, and clear communication. She takes the time to explain each step of treatment, checks in with patients regularly, and adapts her pace and technique to ensure her patients feel in control. Her goal is not just to deliver excellent clinical care but to help patients leave each appointment feeling that their next visit might actually be okay — and perhaps even welcome.

Community and Continuing Education

Cathy has given back to her community through volunteer work, providing dental education to kindergarten and preschool children at the Anderson Road Childcare Centre at her previous private practice. This reflects her belief in the importance of establishing good oral health habits from the earliest possible age.

As a member of the Dental Hygienists Association of Australia, Cathy is committed to continuing professional development, staying current with the latest evidence and techniques to ensure her patients always benefit from best-practice care.

Services Offered

As an Oral Health Therapist at Smile Solutions, Cathy Huynh provides a comprehensive range of preventive and therapeutic services:

- **Professional Scale and Clean** — Thorough removal of plaque and calculus from all tooth surfaces using ultrasonic and hand instrumentation
- **Periodontal (Gum Disease) Management** — Working alongside specialist periodontists to manage mild to moderate gum disease with scaling, root planing, and ongoing monitoring
- **Zoom! Professional Teeth Whitening** — In-chair whitening treatment for a brighter, whiter smile in a single visit
- **Fluoride Treatments** — Professional-strength fluoride application to reduce decay risk
- **Oral Hygiene Instruction** — Personalised coaching on brushing, flossing, and interdental cleaning
- **Orthodontic Hygiene Support** — Specialised cleaning and guidance for patients with fixed braces or Invisalign
- **Oral Health Risk Assessment** — Comprehensive assessment of factors contributing to decay and gum disease
- **Fissure Sealants** — Protective sealants to prevent decay in back teeth
- **Dietary and Lifestyle Counselling** — Advice on the dietary and lifestyle factors affecting oral health
- **Pregnancy Oral Health Counselling** — Guidance for expecting mothers on managing oral health changes during pregnancy

Why Regular Hygiene Visits Matter

Plaque — the sticky film of bacteria that forms on teeth — begins mineralising into calculus (tartar) within 24 to 72 hours if not removed. Once hardened, calculus cannot be removed by brushing or flossing alone; it requires professional instrumentation.

Calculus is a primary driver of gum disease. Left untreated, gingivitis progresses to periodontitis — a destructive condition that erodes the bone and tissue supporting the teeth. Periodontitis is not only a leading cause of tooth loss in adults, but is also associated with increased risk of heart disease, diabetes complications, and preterm birth.

Regular appointments with an oral health therapist like Cathy offer:

- **Calculus removal** that prevents the progression of gum disease
- **Early detection** of cavities, gum disease, and soft tissue changes
- **Professional fluoride** to strengthen enamel and reduce decay risk
- **Personalised coaching** on improving your home care routine
- **Gum health monitoring** with periodontal charting over time

For most patients, a clean every six months is recommended. For patients with active gum disease or risk factors, more frequent appointments (every 3–4 months) deliver significantly better outcomes.

Book an Appointment with Cathy Huynh

Smile Solutions Manchester Unity Building 220 Collins Street, Melbourne VIC 3000

■ **13 13 96** ■ smilesolutions.com.au/our-team/cathy-huynh/

Smile Solutions is open Monday to Saturday and welcomes patients of all ages. Whether you are managing gum disease, undergoing orthodontic treatment, or simply overdue for your regular hygiene appointment, Cathy Huynh and the Smile Solutions team are here to help.