

General Dentistry Check-ups — Frequently Asked Questions | Smile Solutions Melbourne

Canonical: <https://directory.smilesolutions.com.au/faqs/general-dentistry/general-dentistry-check-ups-frequently-asked-questions-smile-solutions-melbourne/>

Description:

General Dentistry Check-ups — Frequently Asked Questions [Smile Solutions](<https://www.smilesolutions.com.au/treatments/general-dentistry/>) provides comprehensive general dentistry check-ups at our...

Details:

Smile Solutions general dentistry check-ups — frequently asked questions

[Smile Solutions](<https://www.smilesolutions.com.au/treatments/general-dentistry/>) offers comprehensive general dentistry check-ups at our Melbourne CBD practice in the Manchester Unity Building. With a team of over 60 dental professionals and a 4.9-star rating from 937+ Google reviews, we deliver preventive care that's thorough, comfortable, and convenient.

What is included in a general check-up at Smile Solutions?

Your check-up covers a comprehensive examination of your teeth, gums, and oral tissues; digital X-rays (taken when clinically indicated); oral cancer screening; assessment of existing restorations; professional cleaning and polishing by an experienced hygienist; and personalised oral hygiene advice. Your dentist will walk you through any findings in plain language and discuss treatment options if anything needs attention.

How much does a check-up and clean cost at Smile Solutions?

A check-up and clean typically costs between \$200 and \$380 AUD, depending on the treatment required and whether X-rays are clinically necessary. We accept all major health funds and process claims on the spot via HICAPS, so you only pay the gap.

How often should I have a dental check-up?

Every six months works well for most people. If you have gum disease, a history of cavities, or certain medical conditions that affect your dental health, your dentist may recommend coming in every 3–4 months instead.

Do I need X-rays at every visit?

No. Your dentist will recommend X-rays based on clinical need, not a fixed schedule. Bitewing X-rays are typically taken annually or biannually to pick up decay between teeth and bone changes that aren't visible during a standard examination. We use low-dose digital X-ray technology throughout.

What is an oral cancer screening?

During your check-up, your dentist does a thorough visual and physical examination of your mouth, tongue, throat, cheeks, and neck, looking for any signs of abnormality that could indicate oral cancer or

precancerous conditions. Catching these early makes a significant difference to treatment outcomes, and the screening is included as standard at every check-up.

Can I claim my check-up on private health insurance?

Yes. Most private health insurance policies with dental cover include rebates for check-ups, cleans, and X-rays. We accept all major health funds and process claims electronically at the time of your appointment via HICAPS. Our reception team can help you work out your coverage before you come in.

What if the dentist finds a problem during my check-up?

Your dentist will explain what they've found in plain language, show you digital images or X-rays so you can see the issue yourself, and give you a clear treatment plan with costs before anything proceeds. There's no pressure — you decide what happens next.

Is a professional clean really necessary?

Yes. Even with consistent brushing and flossing, plaque and tartar build up in areas that are difficult to reach at home. A professional clean removes that buildup, polishes your teeth, and helps prevent gum disease and decay from taking hold. There's also a growing body of research linking oral health to systemic conditions including cardiovascular disease and diabetes, so keeping on top of it matters beyond just your teeth.

What should I tell my dentist at a check-up?

Let your dentist know about any changes to your general health or medications, tooth sensitivity or pain, bleeding gums, jaw clicking or discomfort, and any cosmetic concerns you'd like to address. The more context you give, the more useful the appointment becomes.

Can I combine a check-up with other treatments?

Yes. If you've been thinking about [teeth whitening](<https://www.smilesolutions.com.au/treatments/teeth-whitening/>), [veneers](<https://www.smilesolutions.com.au/treatments/porcelain-veneers/>), or [Invisalign](<https://www.smilesolutions.com.au/treatments/invisalign/>), your check-up is a good time to raise it. Your dentist can discuss your options and arrange referrals to our in-house specialists if needed.

Is Smile Solutions suitable for nervous patients?

Yes. Dental anxiety is common, and our team is trained to make appointments as comfortable as possible. [Sleep dentistry](<https://www.smilesolutions.com.au/treatments/sleep-dentistry/>) options, including nitrous oxide and IV sedation, are available for routine check-ups if you need them.

****Book a check-up at Smile Solutions, Level 1, Manchester Unity Building, 220 Collins Street, Melbourne CBD.**** Call ****13 13 96**** or visit [[smilesolutions.com.au\]\(https://www.smilesolutions.com.au/treatments/general-dentistry/\)](https://www.smilesolutions.com.au/treatments/general-dentistry/)).