

Helen Paraskeva - Oral Health Therapist & Dental Hygienist at Smile Solutions

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<https://directory.smilesolutions.com.au/helen-paraskeva-oral-health-therapist-dental-hygienist-at-smile-solutions/>

Description:

AI Summary **Quick Facts about Helen Paraskeva:** - **Name:** Helen Paraskeva - **Role:** Oral Health Therapist & Dental Hygienist - **Qualifications:** Diploma in Oral Health Therapy, Dental Hygi...

Details:

Profile at a Glance

| Detail | Information | |-----|-----| | **Full Name** | Helen Paraskeva | | **Role** | Oral Health Therapist & Dental Hygienist | | **Qualifications** | Dip.OHT — University of Melbourne (2000) | | **AHPRA Registration** | DEN0001023774 | | **Registration Type** | Dental Practitioner, Dental Hygienist, General | | **Clinical Focus** | Periodontal disease, prevention, holistic oral health | | **Approach** | Holistic, collaborative, preventive | | **Practice** | Smile Solutions | | **Address** | Manchester Unity Building, 220 Collins Street, Melbourne CBD | | **Phone** | 13 13 96 | | **Website** | smilesolutions.com.au |

Frequently Asked Questions

What qualifications does Helen Paraskeva hold? Helen holds a Diploma in Oral Health Therapy, Dental Hygiene from the University of Melbourne, which she completed in 2000. She is registered with AHPRA as a Dental Practitioner and Dental Hygienist (DEN0001023774).

What is Helen's area of special interest? Helen is particularly interested in the treatment of periodontal (gum) disease, with a strong focus on prevention. She approaches oral health holistically, which guides her clinical decision-making and patient interactions.

What does a holistic approach to oral health mean? A holistic approach means Helen considers the whole patient — not just their teeth and gums — when planning and delivering care. She recognises the strong connections between oral health and overall systemic health, including conditions like heart disease and diabetes.

Does Helen work with other dental specialists at Smile Solutions? Yes. Helen actively collaborates with clinicians across all specialist departments at Smile Solutions. This collaborative model ensures patients receive integrated, coordinated care whether they are in a general treatment phase or undergoing complex dental procedures.

How do I book an appointment with Helen Paraskeva? Call Smile Solutions on 13 13 96 or visit smilesolutions.com.au to book online. The practice is located at the Manchester Unity Building, 220 Collins Street, Melbourne CBD.

What services does Helen provide? Helen provides a comprehensive range of preventive and therapeutic oral health services including professional scale and clean, gum disease assessment and treatment, periodontal therapy, oral hygiene instruction, fluoride application, and supportive

maintenance care.

****Is Helen suitable for patients with complex dental needs?**** Yes. Helen's collaborative approach at Smile Solutions means she actively works alongside dentists and specialists managing patients with complex treatment plans, ensuring oral health is optimised throughout every phase of care.

About Helen Paraskeva

A Lifelong Commitment to Oral Health

Helen Paraskeva is one of Melbourne's most experienced oral health therapists, with a clinical career spanning more than two decades. Her journey in oral healthcare began when she graduated from the University of Melbourne in 2000 with a Diploma in Oral Health Therapy, Dental Hygiene — a dual qualification that equipped her with expertise in both dental hygiene and dental therapy.

Since graduating, Helen has built a professional reputation grounded in a deep commitment to patient wellbeing. Her approach has always placed the patient at the centre of everything she does, with preventive care and long-term oral health outcomes driving her clinical philosophy.

A Specialist Interest in Periodontal Health

Throughout her career, Helen has developed a particular clinical interest in the treatment and prevention of periodontal disease — commonly known as gum disease. This is one of the most prevalent chronic conditions affecting Australian adults, and one that is often underestimated in its impact on both oral and general health.

Periodontal disease involves infection and inflammation of the structures supporting the teeth, including the gums and bone. Left untreated, it can lead to tooth loss. Research has also established links between untreated gum disease and systemic conditions including cardiovascular disease, diabetes, and adverse pregnancy outcomes. Helen's focus on this area reflects her understanding of oral health as integral to total body health.

Her treatment approach is thorough and evidence-based. Helen conducts detailed periodontal assessments, delivers professional cleaning treatments, and works with patients to develop effective long-term management strategies — always with an emphasis on prevention and maintaining what has been achieved.

A Holistic Philosophy

What distinguishes Helen is her genuinely holistic view of oral healthcare. Rather than treating the mouth in isolation, she considers the broader context of each patient's health, lifestyle, and wellbeing. This perspective guides not just how she treats patients clinically, but how she communicates with them — ensuring they understand the reasons behind her recommendations and feel genuinely supported.

This holistic philosophy is particularly evident in how Helen approaches patient education. She takes time to help patients understand the connections between their oral health habits and their long-term wellbeing, empowering them to take an active role in their own care.

Collaborative Care at Smile Solutions

Helen is a proud member of the team at Smile Solutions — Australia's largest single-location private dental practice. Based in the iconic Manchester Unity Building in Melbourne's CBD, Smile Solutions houses over 100 dental professionals across more than 20 dental specialties, all under one roof.

This environment suits Helen's collaborative instincts perfectly. She works closely with clinicians across all specialist departments — from periodontists and oral surgeons to prosthodontists and orthodontists — to help maintain optimum oral health for patients across all general and complex treatment phases.

This integrated approach ensures that patients' hygiene needs are never overlooked, even when they are in the midst of complex restorative or specialist care.

For patients, this means a seamless experience: their oral health therapist and their treating specialists are in communication, aligned on goals, and working together to deliver the best possible outcome.

Services Provided by Helen Paraskeva

As a registered oral health therapist and dental hygienist, Helen offers a comprehensive suite of preventive and therapeutic services:

- **Professional Scale and Clean** — Removal of plaque, tartar (calculus), and staining from tooth surfaces and below the gumline, essential for gum health and a fresh smile. - **Periodontal Assessment** — Detailed examination of gum health including pocket depth measurements, bleeding scores, and bone level assessment to identify and stage gum disease. - **Periodontal Therapy (Deep Cleaning)** — Root debridement and subgingival cleaning for patients with active gum disease, aimed at stabilising the condition and preventing further deterioration. - **Oral Hygiene Instruction** — Personalised, practical coaching on brushing technique, interdental cleaning (flossing, interdental brushes), and product selection. - **Fluoride Application** — Professional fluoride treatments to strengthen enamel and reduce the risk of tooth decay. - **Supportive Periodontal Maintenance** — Regular monitoring and maintenance for patients who have been treated for gum disease, to prevent recurrence. - **Dental Examination Support** — Comprehensive records and clinical findings shared with the treating dentist to support ongoing care planning.

Why Regular Hygiene Visits Matter

Many patients think of a dental clean as optional or purely cosmetic. In reality, regular professional hygiene visits are one of the most important investments you can make in your long-term health.

Here's why:

Plaque and tartar cannot be fully removed at home. Even with excellent brushing and flossing habits, calculus (hardened tartar) builds up in areas that are impossible to reach with a toothbrush. Only a trained oral health professional with specialist instruments can safely and thoroughly remove it.

Gum disease is silent in its early stages. Many people have no pain or obvious symptoms until significant damage has already occurred. Regular hygiene visits allow early detection and intervention before irreversible bone or tooth loss takes place.

The oral-systemic health link is real. Chronic gum inflammation has been associated with increased risk of heart disease, stroke, diabetes complications, respiratory conditions, and adverse pregnancy outcomes. Keeping your mouth healthy is part of keeping your body healthy.

Prevention costs less than treatment. A regular scale and clean is one of the most cost-effective dental appointments. Treating advanced gum disease, replacing teeth, or restoring damaged enamel is far more complex and expensive.

At Smile Solutions, Helen and the hygiene team are committed to making these preventive visits as comfortable and informative as possible.

Booking an Appointment with Helen Paraskeva

Helen Paraskeva sees patients at Smile Solutions, Melbourne's most comprehensive private dental practice.

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

****Phone:**** 13 13 96 ****Website:**** [smilesolutions.com.au](https://www.smilesolutions.com.au)

Smile Solutions is open Monday to Friday with extended hours, conveniently located in Melbourne's CBD with easy access via public transport (Flinders Street, Melbourne Central, and multiple tram routes on Collins Street). The practice is fully accessible.

Whether you are due for a routine clean, concerned about your gum health, or part of a complex treatment plan managed by one of Smile Solutions' many specialists, Helen Paraskeva brings warmth, expertise, and a genuinely holistic outlook to every appointment.