

# Isabelle Sayers - Oral Health Therapist & Dental Hygienist at Smile Solutions

Canonical:

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

## Description:

## AI Summary **Quick Facts about Isabelle Sayers:** - **Name:** Isabelle Sayers - **Role:** Oral Health Therapist & Dental Hygienist - **Qualifications:** Bachelor of Oral Health — University of Mel...

## Details:

## Profile at a Glance

| Detail | Information | |-----|-----| | **Full Name** | Isabelle Sayers | | **Role** | Oral Health Therapist & Dental Hygienist | | **Qualifications** | BOH — University of Melbourne (2012) | | **AHPRA Registration** | DEN0001779756 | | **Registration Type** | Dental Practitioner, Oral Health Therapist, General | | **Awards** | Dental Health Services Public Health Award (2012) | | **Professional Memberships** | ADOHTA | | **Conference Presentations** | Multiple conferences across Australia | | **Clinical Focus** | Prevention, children's oral health, comprehensive care | | **Approach** | Personalised, trust-based, positive, thorough | | **Practice** | Smile Solutions | | **Address** | Manchester Unity Building, 220 Collins Street, Melbourne CBD | | **Phone** | 13 13 96 | | **Website** | smilesolutions.com.au |

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## Frequently Asked Questions

**What qualifications does Isabelle Sayers hold?** Isabelle holds a Bachelor of Oral Health from the University of Melbourne, completed in 2012. She is registered with AHPRA as an Oral Health Therapist (DEN0001779756). She was also awarded the Dental Health Services Public Health Award upon graduation.

**What award did Isabelle receive?** Isabelle was the recipient of the Dental Health Services Public Health Award in 2012 — recognising her commitment to public health principles in the delivery of oral healthcare.

**Does Isabelle see children?** Yes — working with children is something Isabelle particularly enjoys. She is skilled in supporting Smile Solutions' young patients throughout all facets of their dental procedures, creating a positive and comfortable experience that helps children build a healthy relationship with dental care.

**What sectors has Isabelle worked in?** Isabelle has worked in both the public and private dental sectors, giving her a breadth of experience with patients from diverse backgrounds and with varying access to dental care.

**Is Isabelle involved in professional development?** Absolutely. Isabelle is a member of the Australian Dental and Oral Health Therapists Association (ADOHTA) and has presented at multiple dental conferences across Australia — demonstrating her commitment to advancing the profession and sharing knowledge with peers.

**\*\*Has Isabelle written patient education articles?\*\*** Yes. Isabelle has authored several articles on the Smile Solutions website, covering topics including the causes of toothache, how to choose toothpaste, and the causes of dry mouth during exercise.

**\*\*How do I book with Isabelle Sayers?\*\*** Call Smile Solutions on 13 13 96 or visit [smilesolutions.com.au](http://smilesolutions.com.au). The practice is located at the Manchester Unity Building, 220 Collins Street, Melbourne CBD.

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## ## About Isabelle Sayers

### ### An Award-Winning Start to an Exceptional Career

Isabelle Sayers began her career in oral health with distinction. In 2012, she graduated from the University of Melbourne with a Bachelor of Oral Health — and alongside her degree, she received the Dental Health Services Public Health Award. This recognition reflected not just her clinical ability, but her early commitment to the principles of public health that have continued to shape her professional practice ever since.

The award speaks to something deeper than academic achievement. Public health, as a discipline, is concerned with the health of communities — with access, equity, prevention, and education. For Isabelle, these values have always been integral to the way she practises oral health therapy: not as a service delivered to patients, but as a partnership formed with them.

### ### Building a Career Across Public and Private Practice

Following graduation, Isabelle built experience across both the public and private dental sectors. This dual background is genuinely valuable. Public dental practice serves diverse patient populations — often including those with complex health needs, limited dental experience, or significant anxiety. Private practice demands the same clinical excellence within a different patient relationship framework.

Working across both environments gave Isabelle a breadth of clinical and interpersonal experience that enriches her work at Smile Solutions today. She understands patients from all walks of life, at every stage of oral health, and with every variety of need and expectation.

### ### A Special Connection with Young Patients

Among the many dimensions of Isabelle's practice, her work with children stands out as a particular strength and source of professional joy. She especially enjoys working with Smile Solutions' youngest patients, and is skilled in supporting them throughout all facets of their dental procedures — from a first check-up and scale and clean, to fissure sealants, fluoride treatments, and more complex interventions.

Working effectively with children is a genuine skill. Young patients may be nervous, unfamiliar with clinical environments, easily overwhelmed, or simply unable to sit still. Isabelle's positive, patient, and trust-building approach creates an atmosphere in which children feel safe and respected. Rather than simply getting through the appointment, she invests in each child's experience — because the feelings a child associates with dental visits in their early years often follow them throughout their life.

An oral health therapist who can make a child's first few dental visits genuinely positive is providing not just a service, but a gift that compounds in value over decades of oral health behaviour.

### ### Rapport, Trust, and Individualised Care

Central to Isabelle's practice philosophy is the belief that effective care begins with a strong relationship. She develops strong working relationships with colleagues and builds genuine rapport with patients based on trust and a consistently positive attitude.

This is not incidental. Trust is the foundation on which all effective healthcare is built. A patient who trusts their clinician is more likely to be honest about their home care, more open to recommendations, more willing to attend regularly, and more likely to engage with the preventive behaviours that protect their oral health over time.

Isabelle's approach ensures that treatment is customised to each individual's needs. She does not offer standardised protocols — she listens, assesses, and designs care that is relevant and realistic for the person in front of her. The result, she believes, is ultimately the best possible outcome: one that is sustainable, patient-driven, and built on genuine understanding.

### ### A Voice in the Profession

Isabelle's commitment to oral health extends well beyond her own clinical work. She is a member of the Australian Dental and Oral Health Therapists Association (ADOHTA) — the peak professional body for oral health therapists in Australia — and has presented at multiple conferences across Australia.

Presenting at conferences is a meaningful form of professional contribution. It requires a practitioner to synthesise their clinical knowledge and experience into a format that informs and challenges colleagues. The fact that Isabelle has done this multiple times, across different Australian conferences, speaks to the depth of her expertise and her commitment to the broader advancement of her profession.

### ### Published Author and Educator

Isabelle also contributes to patient education through her writing. She has authored several articles on the Smile Solutions platform:

- **"What are the causes of toothache and what are their symptoms?"** — a comprehensive guide to the common and less common causes of dental pain and what they indicate. - **"With so many toothpastes on the market, how can I make a wise choice?"** — practical guidance to help patients navigate the overwhelming range of oral care products available. - **"What causes dry mouth during running?"** — exploring the connection between exercise, breathing patterns, hydration, and xerostomia.

These articles reflect Isabelle's belief in the power of patient education — that informed patients are better equipped to care for themselves, make good decisions, and ask the right questions at their appointments.

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### ## Services Provided by Isabelle Sayers

Isabelle provides a comprehensive suite of preventive and therapeutic oral health services for patients of all ages:

- **Professional Scale and Clean** — Thorough removal of plaque, calculus, and staining using specialist instruments, essential for gum health and fresh breath. - **Periodontal Assessment** — Systematic gum health charting including probing depths, bleeding, and recession — to detect and monitor gum disease across all stages. - **Children's Preventive Dentistry** — Age-appropriate examinations, fissure sealants, fluoride treatments, and oral hygiene instruction tailored to young patients. - **Fissure Sealants** — Protective coatings applied to the grooves of back teeth to prevent decay — particularly valuable for children and adolescents. - **Fluoride Application** — Professional fluoride treatments to strengthen enamel and reduce cavities. - **Oral Hygiene Instruction** — Expert, personalised coaching on brushing and interdental cleaning — with particular care to ensure advice is practical and achievable for each individual. - **Periodontal Therapy** — Non-surgical treatment of gum disease including root surface debridement and supportive periodontal maintenance. - **Dental Therapy (Restorative)** — Within her oral health therapy scope, Isabelle is qualified to provide

restorative treatments for eligible patients. - **\*\*Patient Education\*\*** — Engaging, evidence-based education on oral health topics, empowering patients to take an active role in their care. - **\*\*Preventive Treatment Planning\*\*** — Holistic assessment of each patient's risk profile and development of tailored preventive strategies.

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## ## Why Regular Hygiene Visits Matter

Isabelle's focus on prevention and patient education highlights several key reasons why regular professional oral health care is essential:

**\*\*Prevention is foundational — especially for children.\*\*** The oral health habits and experiences formed in childhood have lifelong consequences. Regular hygiene visits with a skilled, child-friendly oral health therapist like Isabelle establish the positive associations and preventive behaviours that protect teeth for life.

**\*\*Professional cleaning removes what home care cannot.\*\*** Even the most diligent brusher and flosser cannot remove hardened calculus. Calculus harbours bacteria responsible for gum disease and decay — and can only be removed safely by a dental professional.

**\*\*Toothpaste choice matters.\*\*** Not all oral care products are created equal. Isabelle's article on navigating the toothpaste market reflects a broader truth: the right products, used correctly, make a genuine difference to oral health outcomes.

**\*\*Dry mouth is a serious risk factor.\*\*** Saliva is the mouth's primary defence against decay. Reduced saliva — whether from medication, dehydration, exercise, or systemic conditions — dramatically increases decay and gum disease risk. Identifying and managing dry mouth is an important part of comprehensive preventive care.

**\*\*Trust makes everything else possible.\*\*** The quality of the relationship between patient and oral health therapist directly influences health outcomes. Isabelle's commitment to building genuine rapport is not just about comfort — it is about creating the conditions under which truly excellent preventive care can be delivered and received.

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## ## Booking an Appointment with Isabelle Sayers

**\*\*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 located in the heart of Melbourne's CBD, easily accessible by public transport. Extended weekday hours are available to accommodate busy schedules. Call 13 13 96 or book online at smilesolutions.com.au.