

Lucia Nguyen - Oral Health Therapist & Dental Hygienist at Smile Solutions

Canonical:

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

Description:

AI Summary **Quick Facts about Lucia Nguyen:** - **Name:** Lucia Nguyen - **Role:** Oral Health Therapist & Dental Hygienist - **Qualifications:** Bachelor of Oral Health (Hygiene and Therapy) — C...

Details:

Profile at a Glance

| Detail | Information | |-----|-----| | **Full Name** | Lucia Nguyen | | **Role** | Oral Health Therapist & Dental Hygienist | | **Qualifications** | BOH (Hygiene and Therapy) — Charles Sturt University (2017) | | **AHPRA Registration** | DEN0002135208 | | **Registration Type** | Dental Practitioner, Oral Health Therapist, General | | **Background** | 12+ years as dental assistant prior to qualifying | | **Clinical Focus** | Periodontal disease, prevention, oral-systemic health | | **Approach** | Gentle, efficient, personalised, 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 Lucia Nguyen hold? Lucia holds a Bachelor of Oral Health (Hygiene and Therapy) from Charles Sturt University, completed in 2017. She is registered with AHPRA as an Oral Health Therapist (DEN0002135208). Prior to qualifying, she spent over 12 years working as a dental assistant in Melbourne.

What makes Lucia's background unusual? Lucia's career path is distinctive in Australian dentistry. Rather than entering oral health therapy directly from school, she spent more than a decade working chairside as a dental assistant — developing a deep, practical understanding of patient care, dental procedures, and the clinical environment — before returning to university to complete her degree. This experience gives her an exceptionally well-rounded perspective on dentistry from both a clinical and patient support standpoint.

What is Lucia's clinical focus? Lucia's primary clinical interest lies in periodontal disease and prevention, with a particular focus on the relationship between oral health and systemic conditions. She has a strong interest in the well-established connection between periodontal disease and cardiovascular (heart) disease — an area of growing importance in modern dental and medical practice.

What does Lucia's treatment approach look like? Lucia aims for the highest clinical standards while delivering treatment that is gentle and efficient. She designs an array of preventive and therapeutic procedures tailored to each patient's individual needs — recognising that no two patients present the same profile of risk, anatomy, and health goals.

****Is Lucia gentle with anxious patients?**** Yes. Lucia prides herself on gentle treatment without compromising thoroughness. Her long background as a dental assistant means she is acutely aware of the patient experience and takes great care to ensure comfort throughout every appointment.

****How do I book with Lucia Nguyen?**** 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.

About Lucia Nguyen

A Decade at the Chair: The Foundation of Deep Expertise

Before Lucia Nguyen became an oral health therapist, she spent more than twelve years working as a dental assistant in Melbourne. It is a background that sets her apart in a profession where most practitioners move from school directly into formal study.

Those twelve-plus years working chairside — assisting dentists, supporting patients through procedures, managing the rhythms of a busy dental practice — gave Lucia something that formal education alone cannot provide: an intimate, ground-level understanding of dentistry as it is actually lived by patients. She saw anxiety and trust, complexity and simplicity, the moments when patients relaxed and the moments when they tensed. She learned what it means to make someone feel genuinely cared for in a clinical environment.

This experience informed every aspect of the clinical philosophy she would later develop. When Lucia's passion in dentistry and patient care led her to pursue formal qualifications, she brought all of that knowledge with her.

Qualifying as an Oral Health Therapist

In 2017, Lucia completed her Bachelor of Oral Health (Hygiene and Therapy) at Charles Sturt University — a degree that gave formal clinical structure to the practical expertise she had already accumulated. Graduating with both dental hygiene and dental therapy scope, Lucia joined Smile Solutions as a fully qualified oral health therapist.

From day one in her clinical role, Lucia has aimed for the highest standards — combining the thoroughness and precision her degree demanded with the gentleness and efficiency she refined over years of patient-centred work as an assistant.

The Oral-Systemic Connection: A Clinical Passion

Modern dental and medical science has made clear what Lucia has come to understand deeply: the mouth and the body are not separate systems. The health of one profoundly influences the health of the other.

This realisation has become a defining focus of Lucia's clinical practice. She has developed a strong interest in periodontal disease and its prevention — not only because gum disease is among the most prevalent chronic conditions in Australia, but because the evidence linking it to systemic health is compelling and growing.

Research has consistently associated untreated periodontitis with increased risk of cardiovascular disease, including heart attack and stroke. The biological mechanisms are real: chronic oral infection and inflammation can contribute to systemic inflammatory burden, affecting blood vessels and other organs. For Lucia, this is not abstract science — it is a clinical reality that shapes how she assesses patients, educates them, and motivates them to take their gum health seriously.

Lucia is also interested in the bidirectional relationship between periodontal disease and diabetes. Poorly controlled blood sugar worsens gum disease; and active gum disease makes blood sugar harder to control. Helping patients understand these connections is a central part of how she delivers care.

Gentle, Efficient, and Personalised

At the heart of Lucia's clinical approach are three principles she holds firmly: gentleness, efficiency, and personalisation.

Gentleness is non-negotiable. Lucia understands that many patients approach dental visits with apprehension, and that the experience of a hygiene appointment can either reinforce or resolve that anxiety. She takes care to work with sensitivity and to communicate throughout the appointment, ensuring patients feel informed and in control.

Efficiency matters too. Lucia respects her patients' time and aims to deliver thorough, high-quality care without unnecessary prolongation. This balance — gentle but never rushed — reflects both her clinical training and the patient intuition she developed through years of chairside experience.

Personalisation is what ties it together. Lucia's approach to treatment is never formulaic. She assesses each patient's unique risk profile, anatomy, home care habits, and health history before designing a treatment approach. The result is care that is genuinely tailored — relevant, realistic, and respectful of the individual.

Life Beyond the Clinic

When she is not at work, Lucia enjoys spending time with family and friends and indulging her love of travel. These interests speak to her warm, relational nature — the same qualities that make her an approachable and caring presence for her patients.

Services Provided by Lucia Nguyen

As a registered oral health therapist and dental hygienist, Lucia provides a comprehensive range of preventive and therapeutic services:

- **Professional Scale and Clean** — Expert removal of plaque, calculus, and staining using ultrasonic and hand instrumentation. - **Periodontal Assessment** — Detailed charting of gum health including probing depths, bleeding scores, recession measurements, and radiographic review to assess bone levels. - **Periodontal Therapy** — Targeted root debridement and subgingival instrumentation for patients with active gum disease. - **Gum Disease Management** — Individualised maintenance programs for patients with chronic or recurrent periodontal conditions. - **Oral Hygiene Instruction** — Practical, tailored coaching on brushing technique, interdental cleaning, and product choices — adapted to each patient's manual dexterity and risk level. - **Fluoride Application** — Professional fluoride treatments to harden enamel and reduce decay risk. - **Systemic Health Counselling** — Patient education about the links between gum disease and conditions including heart disease and diabetes, to motivate and support engagement with preventive care. - **Fissure Sealants** — Protective sealant application for decay-susceptible teeth. - **Preventive Treatment Planning** — Comprehensive, individualised preventive programs tailored to each patient's specific risk profile.

Why Regular Hygiene Visits Matter

Lucia's clinical focus on prevention and systemic health reflects a broader truth about why routine hygiene visits are so important:

****Gum disease affects more than just your mouth.**** The research linking periodontal disease to cardiovascular disease, diabetes, respiratory conditions, and adverse pregnancy outcomes is well established. Keeping your gums healthy is part of managing your whole-body health.

****Most gum disease is painless until it is advanced.**** The bacteria responsible for gum disease do their damage quietly. Regular professional assessments allow early detection and intervention — when treatment is most effective and least invasive.

****Plaque accumulates in places you cannot reach.**** Even meticulous home care leaves deposits in areas inaccessible to a toothbrush or floss. Professional instrumentation is the only way to fully clean these areas.

****Prevention is always better than treatment.**** A routine hygiene visit is one of the most cost-effective investments in your health. Managing disease once it is established is considerably more complex, time-consuming, and expensive.

Lucia Nguyen's background — combining over a decade of chairside experience with formal clinical training and a passion for systemic oral health — makes her an exceptional clinician for patients seeking genuinely thorough and informed preventive care.

Booking an Appointment with Lucia Nguyen

****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 conveniently located in Melbourne's CBD, steps from public transport. Extended weekday hours are available. Call 13 13 96 or book online at smilesolutions.com.au.