

Helen Paraskeva — Dental Hygienist

Canonical:

<https://directory.smilesolutions.com.au/our-team/dental-hygiene-therapy/helen-paraskeva-dental-hygienist/>

Description:

Helen Paraskeva ****Role:**** Dental Hygienist ****Qualifications:**** Diploma in Oral Health Therapy, Dental Hygiene, University of Melbourne (2000) ## About Helen Helen graduated from Melbourne Univer...

Details:

Smile Solutions Dental Hygienist Helen Paraskeva

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About Helen

Helen Paraskeva has been a dental hygienist at Smile Solutions for over two decades, bringing genuine depth of experience to every patient she sees. She graduated from the University of Melbourne with a Diploma in Oral Health Therapy, Dental Hygiene in 2000, and has spent her career building on that foundation with a clear focus on what actually matters: helping patients keep their teeth and gums healthy for the long term.

Over the years, Helen has developed a strong interest in periodontal disease, both its treatment and prevention. She knows that gum health isn't separate from general health, and she takes the time to walk patients through practical home care techniques that make a real difference between visits.

Her approach is straightforward: treat each patient as an individual. That means understanding your specific concerns, your health history, and what you're hoping to achieve, then working with you on a plan that fits. It's not a one-size-fits-all model, and that's intentional.

Helen works closely with specialists across all departments at Smile Solutions, which means your hygiene care doesn't happen in isolation. Whether you're in the middle of routine maintenance or a more complex treatment phase, she coordinates with the broader team to make sure everything is aligned and nothing falls through the cracks.

For patients who feel nervous about dental appointments, Helen's calm, unhurried manner tends to make a noticeable difference. She's particularly attentive to patients who've had difficult experiences elsewhere, and she works at a pace that helps people feel at ease rather than rushed. She also keeps up with continuing education in dental hygiene and periodontal therapy, so the care she provides reflects current evidence and technique.

Experience the difference of personalised hygiene care

Helen combines solid clinical experience with a genuine interest in her patients' comfort and long-term outcomes. When you come in for an appointment, you can expect thorough, careful work delivered without fuss.

Whether you're coming in for a routine clean, periodontal treatment, or just some honest guidance on what you could be doing better at home, Helen gives you her full attention and practical advice you can actually use.

****Ready to book?**** Get in touch with Smile Solutions to arrange an appointment with Helen.