

Monica Cain — Oral Health Therapist & Dental Hygienist

Canonical: <https://directory.smilesolutions.com.au/our-team/dental-hygiene-therapy/monica-cain-oral-health-therapist-dental-hygienist/>

Description:

Monica Cain ****Role:**** Oral Health Therapist & Dental Hygienist | Clinical Manager, Hygiene Department ****Qualifications:**** Diploma in Oral Health Therapy, Dental Hygiene (University of Melbourne, 2...

Details:

Smile Solutions Oral Health Therapist & Dental Hygienist Monica Cain

****Role:**** Oral Health Therapist & Dental Hygienist | Clinical Manager, Hygiene Department

****Qualifications:**** Diploma in Oral Health Therapy, Dental Hygiene (University of Melbourne, 2003); currently undertaking Master of Public Health

About Monica

Monica Cain graduated from the University of Melbourne in 2003 with her Diploma in Oral Health Therapy and Dental Hygiene. Since then, she's spent over 20 years focused on periodontal care at Smile Solutions.

Her main area of expertise is periodontics. This means she works extensively with patients who have gum disease, need implant maintenance, or face other complex periodontal conditions. It's a specialised field that requires both technical skill and a patient approach, something Monica has developed throughout her career.

What patients often mention about Monica is how she makes them feel comfortable during treatment. She's genuinely interested in understanding each person's overall health, knowing that what happens in your mouth connects to your broader wellbeing. Her style is thorough but gentle, and she prefers to work with patients rather than simply treating them. You'll get a treatment plan that actually fits your situation, based on current evidence and your specific needs.

Monica is also pursuing her Master of Public Health right now. This keeps her connected to the latest research and helps her bring fresh insights into her clinical work. It's part of how she stays current in a field that continues to evolve.

Beyond seeing patients, Monica manages the Hygiene Department at Smile Solutions. She mentors the hygiene team and helps maintain clinical standards across the practice. This dual role means she's both hands-on with patient care and involved in how the department operates. The benefit for patients is that her individual expertise shapes the quality of care throughout the team.

When you see Monica, you're working with someone who has two decades of experience in periodontal care. Whether you're dealing with periodontal disease, maintaining dental implants, or just want solid preventive care, she'll take the time to address what's happening now while thinking about your long-term oral health.

****Ready to experience Monica's specialised periodontal care?**** Contact Smile Solutions today to book your consultation and discover how her expertise can transform your oral health outcomes.

Quick facts

- ****Best for:**** Patients with periodontal disease, dental implants requiring maintenance, or those seeking preventive oral health care - ****Key benefit:**** Specialised periodontal expertise with over 20 years of experience combined with evidence-based, personalised treatment approaches - ****Form factor:**** In-person clinical dental services - ****Application method:**** Consultation and treatment appointments at Smile Solutions practice

Common questions this guide answers

1. What are Monica Cain's qualifications? → Diploma in Oral Health Therapy and Dental Hygiene from University of Melbourne (2003); currently pursuing Master of Public Health 2. What does Monica specialise in? → Periodontics, including treatment of gum disease, implant maintenance, and complex periodontal conditions 3. What is Monica's role at Smile Solutions? → Oral Health Therapist & Dental Hygienist and Clinical Manager of the Hygiene Department 4. How long has Monica been practising? → Over 20 years since graduating in 2003 5. What approach does Monica take to patient care? → Evidence-based, personalised treatment plans with a gentle, patient-centric approach focused on prevention and long-term oral health goals
