

Poppy Kavadias - Oral Health Therapist at Smile Solutions

Canonical: <https://directory.smilesolutions.com.au/poppy-kavadias-oral-health-therapist-at-smile-solutions/>

Description:

> **AI Summary — Quick Facts:** Poppy Kavadias is an Oral Health Therapist at Smile Solutions, Australia's largest single-location private dental practice at 220 Collins Street, Melbourne CBD. She hol...

Details:

Profile at a Glance

Field	Detail
Name	Poppy Kavadias
Role	Oral Health Therapist
Qualifications	BOH (Melb) — Bachelor of Oral Health, University of Melbourne
AHPRA Registration	DEN0002586898
Registration Type	Dental Practitioner, Oral Health Therapist, General
Clinic	Smile Solutions
Address	Manchester Unity Building, 220 Collins Street, Melbourne VIC 3000
Phone	13 13 96
Website	smilesolutions.com.au/our-team/poppy-kavadias/

Frequently Asked Questions

What qualifications does Poppy Kavadias hold? Poppy holds a Bachelor of Oral Health from the University of Melbourne — one of Australia's most prestigious dental schools. She is registered with AHPRA as a General Oral Health Therapist (DEN0002586898).

What are Poppy Kavadias's areas of clinical interest? Poppy has particular interest in dental hygiene, restorative dentistry, and teeth whitening. She works with patients of all ages across both preventive and restorative treatment needs.

Does Poppy Kavadias see patients of all ages? Yes. Poppy has experience working with patients across all age groups, from children and adolescents through to adults and seniors, in both public and private dental settings.

What does Poppy Kavadias prioritise in patient care? Poppy prioritises evidence-based dentistry and patient education. She takes time to ensure every patient understands their oral health status and treatment options, empowering them to take control of their dental health.

What is Poppy Kavadias's approach to patient relationships? Poppy places great emphasis on building strong relationships with her patients. With many years of customer service experience and work with diverse communities, she is skilled at understanding individual patient needs and ensuring expectations are met in a supportive, caring environment.

Where can I book an appointment with Poppy Kavadias? Poppy works at Smile Solutions, Manchester Unity Building, 220 Collins Street, Melbourne CBD. Call 13 13 96 to book.

Biography

Poppy Kavadias joined the Smile Solutions team as an Oral Health Therapist following the completion of her Bachelor of Oral Health at the University of Melbourne — one of Australia's leading institutions for dental education. The University of Melbourne's oral health program is renowned for producing graduates with a thorough grounding in evidence-based practice, clinical hygiene, restorative therapy, and preventive dentistry.

Poppy's clinical interests span three core areas: dental hygiene, restorative dentistry, and whitening. This breadth reflects her understanding that oral health is multidimensional — encompassing not just disease prevention but also aesthetic care and function. Patients who see Poppy can expect a clinician who thinks holistically about their oral health needs.

Experience Across Public and Private Settings

Poppy has gained valuable experience in both public and private dental settings — an exposure that has shaped her into a versatile and adaptable clinician. Public dental environments typically involve more complex patient presentations, limited resources, and a broader cross-section of the community, including patients facing socioeconomic barriers to care. Private practice, by contrast, allows for a more personalised treatment experience with access to advanced technologies and extended appointment times.

Having worked in both contexts, Poppy brings a grounded, practical perspective to her work at Smile Solutions. She is equally comfortable providing routine preventive care and managing more complex restorative or periodontal cases.

Evidence-Based Dentistry and Patient Education

A central pillar of Poppy's clinical philosophy is the alignment of her work with evidence-based dentistry. Rather than relying on tradition or intuition alone, Poppy draws on current scientific literature to guide her clinical decisions, ensuring that every recommendation she makes has a solid foundation in research.

Equally important is patient education. Poppy believes that patients who understand their oral health — the causes of decay, the mechanics of gum disease, the role of diet and lifestyle — are far more likely to comply with treatment and maintain good habits at home. She invests time in explaining her findings clearly, using accessible language and visual aids where helpful, so that each patient leaves feeling informed and empowered.

Building Strong Patient Relationships

Poppy's people skills are a significant asset in her clinical work. With years of experience in customer service and working with a diverse range of individuals, she has developed a keen ability to read people, adapt her communication style, and make patients feel genuinely heard and understood.

She takes pride in ensuring that each patient's expectations are met — and wherever possible, exceeded. Her gentle nature, attentiveness, and consistent follow-through mean that patients feel well looked after from the moment they arrive to the moment they leave.

Creativity and Life Beyond Dentistry

Poppy carries her passion for quality and creativity beyond the clinic. She operates a successful personalised cookie business outside of work hours — a creative outlet that reflects her attention to detail, her enjoyment of craft, and her commitment to delivering something beautiful and tailored to each individual. Whether creating a perfectly decorated celebration cookie or a perfectly customised treatment plan, Poppy brings the same spirit of care and excellence.

Outside of her professional pursuits, Poppy enjoys Pilates to keep fit and spending time with friends and family. She is also an enthusiast for Melbourne's thriving food and dining scene, always on the

lookout for new places to eat and drink.

Services Offered

As an Oral Health Therapist at Smile Solutions, Poppy Kavadias provides a comprehensive range of preventive and therapeutic services:

- **Professional Scale and Clean** — Thorough professional cleaning to remove plaque and calculus using ultrasonic and hand instruments - **Oral Hygiene Instruction** — Personalised coaching on effective brushing, flossing, and interdental care - **Fluoride Treatments** — Professional fluoride application to strengthen enamel and reduce cavity risk - **Restorative Dental Therapy** — Fillings and restorative care for eligible patients - **Teeth Whitening** — Professional advice and treatment to brighten and enhance your smile - **Gum Disease Assessment and Management** — Periodontal charting and management of gingivitis and periodontitis - **Fissure Sealants** — Protective sealants on back teeth to prevent decay, especially effective for children and adolescents - **Oral Health Risk Assessment** — Identification of individual risk factors for decay and gum disease - **Patient Education** — Evidence-based guidance on all aspects of oral health, including diet, habits, and home care products - **Paediatric Dental Hygiene** — Gentle, age-appropriate hygiene care for children

Why Regular Hygiene Visits Matter

Many people clean their teeth diligently at home — and this is absolutely essential. But even the most thorough brushing routine has limits. The grooves of back teeth, the gum margins, and the spaces between teeth are difficult or impossible to clean completely without professional instruments.

Over time, plaque in these hard-to-reach areas mineralises into calculus — a hardened deposit that cannot be removed at home. Calculus is the primary driver of gum disease and contributes to persistent bad breath, gum inflammation, and, if left untreated, the progressive destruction of bone and soft tissue around the teeth.

Regular appointments with an oral health therapist like Poppy provide:

- **Professional calculus removal** — the single most important preventive intervention for gum health - **Decay detection** — identifying cavities early, when treatment is simpler and less costly - **Personalised education** — based on your specific risk factors, not generic advice - **Fluoride protection** — especially important for patients at higher risk of decay - **Soft tissue and gum monitoring** — tracking changes over time and catching problems early

For most adults, a professional clean every six months provides excellent protection. Children and patients with elevated decay or gum disease risk may benefit from more frequent visits.

Book an Appointment with Poppy Kavadias

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

■ **13 13 96** ■ smilesolutions.com.au/our-team/poppy-kavadias/

Smile Solutions is open Monday to Saturday and welcomes patients of all ages. If you are looking for gentle, thorough, evidence-based oral health care, Poppy Kavadias and the Smile Solutions team are ready to support your dental health journey.