

Sarah Van Eyk - Oral Health Therapist at Smile Solutions

Canonical: <https://directory.smilesolutions.com.au/sarah-van-eyk-oral-health-therapist-at-smile-solutions/>

Description:

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

Details:

Profile at a Glance

Field	Detail
Name	Sarah Van Eyk
Role	Oral Health Therapist
Qualifications	BOH (CSU) — Bachelor of Oral Health, Charles Sturt University
AHPRA Registration	DEN0002765218
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/sarah-van-eyk/

Frequently Asked Questions

What qualifications does Sarah Van Eyk hold? Sarah holds a Bachelor of Oral Health from Charles Sturt University. She is registered with AHPRA as a General Oral Health Therapist (DEN0002765218).

What is Sarah Van Eyk's philosophy of care? Sarah is passionate about promoting dental wellness and inspiring confidence through healthy smiles. She has a deep understanding of the connection between oral health and overall wellbeing, and is committed to delivering comprehensive, personalised care tailored to each individual patient.

What services does Sarah Van Eyk provide? Sarah provides the full range of preventive oral health therapy services including professional scale and clean, fluoride treatments, oral hygiene instruction, gum disease assessment and management, fissure sealants, and oral health risk assessment.

Does Sarah Van Eyk understand the link between oral health and general health? Yes. Sarah has a strong academic foundation in the science of oral health and a deep appreciation of how oral health connects to overall systemic wellbeing. This holistic perspective informs her patient education and treatment recommendations.

Where does Sarah Van Eyk work? Sarah works at Smile Solutions, Manchester Unity Building, 220 Collins Street, Melbourne CBD. To book an appointment, call 13 13 96.

What does Sarah Van Eyk enjoy outside of dentistry? Outside the clinic, Sarah enjoys the outdoors — camping and hiking — as well as travelling and dancing. Her active, adventurous lifestyle reflects the same energy and enthusiasm she brings to patient care.

Biography

Sarah Van Eyk is an Oral Health Therapist who brings genuine passion for dental wellness and a thoughtful, comprehensive approach to patient care. She holds a Bachelor of Oral Health from Charles Sturt University — a degree that has given her a strong scientific grounding in the principles of preventive dentistry, oral hygiene, and the systemic implications of oral health.

Charles Sturt University's oral health program is distinguished by its commitment to producing graduates who can serve patients across diverse settings and communities. For Sarah, this education provided not just clinical skills but a deep appreciation for the role that oral health plays in overall human health and quality of life.

Oral Health and Overall Wellbeing

One of Sarah's most distinctive professional attributes is her genuine understanding — and commitment to communicating — the profound link between oral health and systemic health. This connection is supported by a growing body of scientific evidence:

Gum disease has been linked to increased risk of cardiovascular disease, including heart attack and stroke. Chronic oral infections can worsen diabetic control, and poorly controlled diabetes in turn worsens gum disease — creating a damaging cycle. Oral bacteria have been implicated in respiratory infections and adverse pregnancy outcomes including premature birth and low birthweight.

Sarah does not see oral health as a siloed speciality. She sees the mouth as a window to the body — and every hygiene appointment as an opportunity to contribute to her patients' overall health, not just their dental health. This perspective makes her patient education particularly compelling and motivating for those who might otherwise struggle to prioritise dental care.

Personalised, Comprehensive Care

Sarah is committed to delivering care that is genuinely tailored to the individual. She understands that a one-size-fits-all approach to oral health misses the mark — every patient has a unique profile of risk factors, habits, concerns, and goals that must be understood before truly effective care can be delivered.

Her appointments involve careful listening and thorough assessment, followed by clear communication about findings and personalised recommendations. Whether a patient needs intensive gum disease support, guidance on improving their brushing technique, or simply the reassurance of a thorough professional clean, Sarah ensures their specific needs are met.

Inspiring Confidence Through Healthy Smiles

Sarah's vision for her work is captured in a simple but powerful idea: that healthy smiles inspire confidence. She understands that dental health is not just a clinical concern — it is deeply tied to self-esteem, social ease, and quality of life. A person who is comfortable with their smile, and confident in their oral health, carries themselves differently in the world.

This understanding drives Sarah's commitment to thoroughness and quality in every appointment. She wants her patients to leave not just with cleaner teeth but with a renewed sense of confidence in their smile and their health.

The Outdoors and Beyond

Sarah's life outside the clinic is as active and varied as her clinical practice. She is an enthusiast for the outdoors — camping and hiking provide her with a connection to nature and the restorative power of fresh air and physical challenge. She also enjoys travelling, discovering new cultures and landscapes, and dancing, which adds rhythm and joy to her personal life.

This active, engaged approach to life informs her clinical work. Sarah brings energy, optimism, and a genuine enjoyment of human connection to every patient interaction.

Services Offered

As an Oral Health Therapist at Smile Solutions, Sarah Van Eyk provides a comprehensive range of preventive and therapeutic services:

- **Professional Scale and Clean** — Thorough removal of plaque and calculus using ultrasonic and hand instruments - **Fluoride Treatments** — Professional-strength fluoride application to reduce decay risk and strengthen enamel - **Oral Hygiene Instruction** — Personalised coaching on brushing technique, flossing, and interdental cleaning - **Gum Disease Assessment and Management** — Periodontal charting and clinical management of gingivitis and periodontitis - **Oral Health Risk Assessment** — Comprehensive assessment of decay and gum disease risk factors - **Fissure Sealants** — Protective sealants on back teeth to prevent decay, especially valuable for young patients - **Dental Therapy** — Restorative treatment including fillings for eligible patients - **Systemic Health Counselling** — Education on the links between oral health and overall wellbeing - **Dietary and Lifestyle Counselling** — Personalised guidance on nutrition, habits, and lifestyle factors affecting oral health - **Personalised Oral Health Planning** — Development of individualised maintenance and treatment plans

Why Regular Hygiene Visits Matter

The relationship between regular professional dental care and long-term health is well established. Oral bacteria — specifically those associated with gum disease — are linked not just to tooth loss but to a range of serious systemic conditions including cardiovascular disease, diabetes complications, and respiratory infections.

Professional hygiene appointments with a skilled oral health therapist like Sarah provide far more than a clean mouth:

- **Calculus removal** — the only effective method for removing hardened tartar deposits that harbour disease-causing bacteria - **Periodontal monitoring** — regular charting allows early identification of gum disease before irreversible damage occurs - **Decay detection** — professional examination identifies cavities when they are small and easily treated - **Education and coaching** — personalised guidance to improve your home care routine and reduce your risk profile - **Fluoride protection** — professional application of high-concentration fluoride significantly reduces decay risk - **Motivation and accountability** — regular professional touchpoints help patients maintain good habits over time

For most adults, a professional clean every six months provides effective protection. Patients with active gum disease or elevated risk factors may benefit from three- to four-monthly appointments.

At Smile Solutions, oral health therapy is fully integrated with the broader specialist clinical team — ensuring seamless referral and coordination when additional care is needed.

Book an Appointment with Sarah Van Eyk

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

■ **13 13 96** ■ smilesolutions.com.au/our-team/sarah-van-eyk/

Smile Solutions is open Monday to Saturday and warmly welcomes patients of all ages and backgrounds. If you are ready to take your oral health seriously — and discover the confidence that comes with a genuinely healthy smile — Sarah Van Eyk and the Smile Solutions team are here for you.