TEETH AND MOUTH CARE: ADVICE FOR ALL AGES

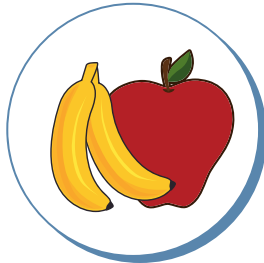**DOCTORS OF THE WORLD**

NHS

Have a balanced diet with 5 portions of fruit and vegetables a day

Eat less sugary foods and drinks

Brush your teeth for 2 minutes with a fluoride toothpaste, twice a day (before bed and at one other time). Every 3 months replace the brush or sooner if worn

Quit smoking
if you drink alcohol, consider reducing the amount you consume

ACCESS TO NHS DENTAL SERVICES

Urgent dental care

If urgent care is needed, call **NHS 111**. Do not contact a GP or go to A&E as they can not provide urgent dental care

Finding an NHS dentist

To find your nearest NHS dentist, visit NHS.uk
https://www.nhs.uk/service-search/find-a-dentist
Make sure you access an NHS dentist accepting NHS patients

When is NHS dental care free?

NHS dental treatment is free:
- for removing stitches, stop bleeding in the mouth, repair dentures)
- if the person is under the age of 18 or under 19 in full-time education
- if the person is receiving certain benefits. Tell your dentist if you receive benefits. Proof must be shown to avoid charges
- if the person is pregnant or has had a baby in the last 12 months. A 'MAT B1' certificate or maternity exemption certificate (MatEx) must be shown to the dental practice

A person with low income or no recourse to public funds can apply for help with the costs of NHS dental care.
https://www.nhs.uk/nhs-services/help-with-health-costs/nhs-low-income-scheme-lis/

Depending on their eligibility, a person can receive full help (HC2 certificate) or partial help (HC3 certificate) with costs.

IMPACT OF COVID-19 ON NHS DENTAL SERVICES

Impact of COVID-19 on dental services

Changes have been made to routine dental care because of COVID-19.

NHS dental services are not able to work at full capacity because of the impact of COVID-19.

This means those with an urgent dental need will be prioritised first.

It will take time for all dental services to run at the same capacity as they did before COVID-19. This means for many there could be a wait for routine care (e.g. non-urgent fillings, check ups)

Remember...

- GP registration is not needed to see a dentist

- Dentists should NOT ask migrants for proof of address or proof of immigration status when they apply to access NHS dental care

- If you need interpreting or translation services, inform the dental practice and they should help

Information correct as of 21.10.2021
This leaflet has been co-developed, led by Dr Sarah Kaddour, NHSEI
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To be reviewed December 2022