

# What can your NHS dentist do for you?



**An easy read booklet**





Dentists help keep your mouth, teeth and gums healthy.



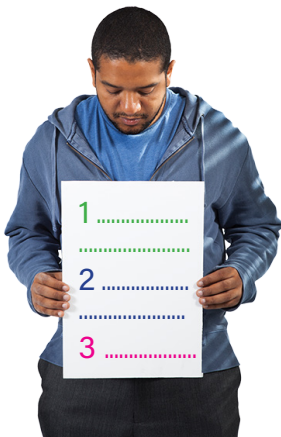
**Dentists**



**NHS dentists**

Some dentists work for the NHS.

Treatment may be free or cost less than at a non-NHS dentist.



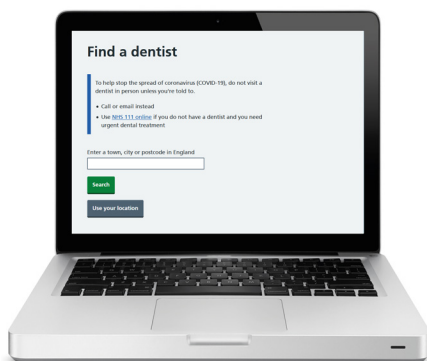
This leaflet tells you more about

1. NHS dental care.
2. What help you can get with your teeth and mouth.
3. How much it costs.

You can find an NHS dentist near where you live on the NHS website:

[www.nhs.uk/dentists](http://www.nhs.uk/dentists)

Or you can ask someone you trust who lives near you.



## Your first check-up with your NHS dentist



When you go to the dentist for them to check your teeth and mouth it is called a check-up or a routine visit.



The first time you visit your NHS dentist they will ask you some questions.

The questions will be about any dental treatments you have had before. This is called your **dental history**.



They will also ask about your **medical history**.

They need to know if you have any health conditions, allergies or are taking any medicines.

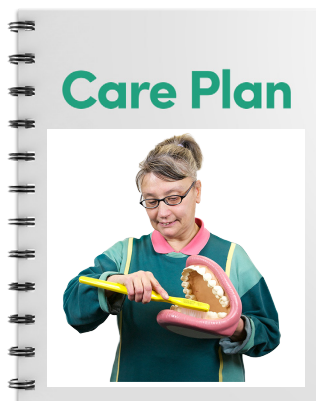


The dentist will then look in your mouth at your teeth and gums. They will use a small mirror.



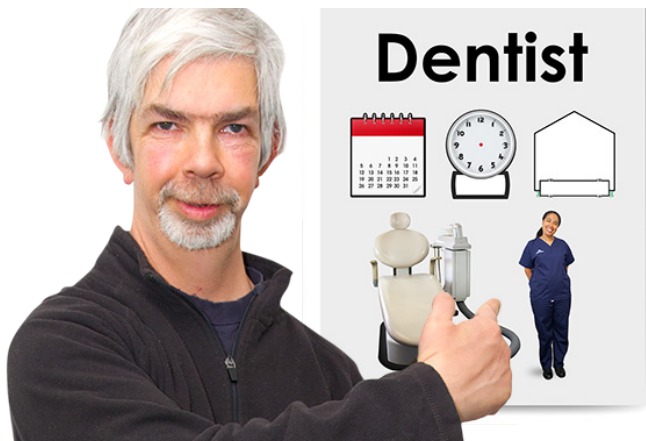
If you are feeling nervous there is always a dental nurse who can support you.

If your dentist thinks you need extra care for your teeth, gums or mouth they will give you a **care plan**.



The care plan will say what dental care is needed for your teeth and gums and how much this will cost.

If you are not given a copy of your care plan then ask for one.



You can then arrange another appointment to come back for your treatment.



If you have healthy teeth and gums you may not need to visit your dentist as often.

If you have some problems you might need to go more often.

## Emergency dental care



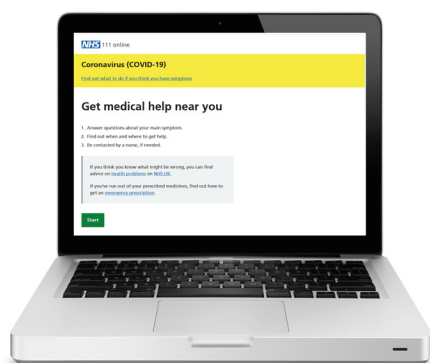
Emergency dental care is treatment that needs to happen quickly, for example if you are in a lot of pain.



If you need emergency dental care you should contact your own dentist first.



If you can't call your own dentist or if you don't have a dentist you can phone 111.



Or you can look for help on the 111 website:

[www.111.nhs.uk](http://www.111.nhs.uk)

This website is not in easy read.

## Paying for the dentist.

Band 1

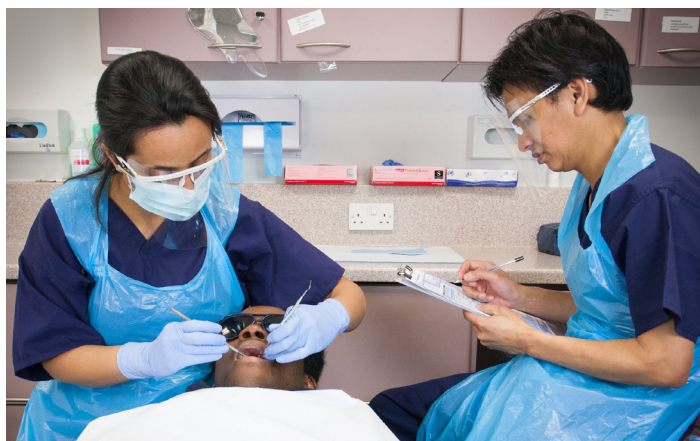
Band 2

Band 3

There are 3 different costs for NHS treatments. These are called bands.



Band 1 treatment costs £23.80. It covers:



- Emergency treatment to stop your mouth or teeth from hurting.
- A check-up of your mouth, teeth and gums.
- Telling you what is causing your problem.
- A scale and polish of your teeth if it is needed to keep you healthy- this is when the dentist does a quick clean of your teeth.
- Advice on how to keep your mouth and teeth healthy.



Band 2 treatment costs £65.20. It covers:



- Everything that is listed in Band 1.
- Any more treatment you might need which could include:
  - Fillings.
  - Treating infections deep inside your teeth.
  - Removing unhealthy teeth.

Band 3 treatment costs £282.80. It covers:



- Everything that is listed in Band 1 and 2.
- Any more treatment you might need which could include:
  - Fixing broken teeth.
  - Getting false teeth – sometimes called dentures or plates.
  - Other work on your teeth such as crowns and bridges.

Some people don't have to pay for going to the dentist.  
This includes people who are:



- Under 18 or under 19 and still at school or college.



- Pregnant or have had a baby in the last 12 months.



- Getting certain benefits, or you are under 20 and your parent carer is getting certain benefits.

You can find out more about benefits at: [www.nhs.uk/free-nhs-dental-treatment](http://www.nhs.uk/free-nhs-dental-treatment)



- Getting dental treatment in an NHS hospital by the hospital dentist.



## Visiting your NHS dentist during the coronavirus pandemic



During the coronavirus pandemic, you can still see a dentist but they are very busy.

You can still ring the dentist for an appointment, but you might have to wait longer than usual to be seen.



Please only go to your dentist if you have an appointment. Don't just turn up.



If you have a really urgent need you will be seen quickly.

If you have a routine appointment like a check-up, it might be moved to a different date in the future.



If you have to visit your dentist during the coronavirus pandemic it might look a bit different to usual.

This is because your dentist practice will have to make sure that everyone stays safe.



You can find more information and advice about how to keep your mouth, teeth and gums healthy at: [www.nhs.uk/nhs-services/dentists](http://www.nhs.uk/nhs-services/dentists)

For more accessible information please contact



11-12 Eldon Place  
Bradford BD1 3AZ  
Telephone: 01274 848150  
SMS / Text: 07535 120222  
E-mail: [enquiries@btm.org.uk](mailto:enquiries@btm.org.uk)

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