





How to look after your mouth

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|---|---|
|  | Be SUGAR SMART: Eat less sugary food and drinks |
|  | Brush Teeth 2x a day with a fluoride toothpaste |
|  | Reduce your alcohol intake and quit smoking |
|  | Visit the dentist regularly |



Finding an NHS Dentist in London During COVID-19

2020

ACCESS TO DENTAL VISITS DURING COVID-19

Changes have been made to routine dental treatment because of coronavirus (COVID-19).

In England, some routine dental treatments are now available again. This means that not all dental treatment will be available yet.

If you need dental treatment:

- **call your NHS dentist (if you have one)**
- **contact the Community Dental Service (CDS) in your area**

| Community Dental Service | Contact Tel No | Areas Covered |
|--|----------------|-------------------------------------|
| Whittington Health NHS Trust CDS | 020 3316 8353 | North West and North Central London |
| Kings College Hospital Special Care | 020 3299 3480 | South London |
| Bromley CDS | 01689 806859 | Bromley, Bexley and Greenwich |
| Kent Community Health Foundation Trust | 0330 123 9438 | North East London and Kent |
| CLCH CDS | 020 7437 9360 | Central West London |

Why do I need a dental check-up?

A check-up allows your dentist to see if you have any dental problems and helps you keep your mouth healthy. Leaving problems untreated could make them more difficult to treat in the future, so it's best to deal with problems early, or, if possible, prevent them altogether.

How often should I have a dental check-up?

After your check-up, your dentist will recommend a date for your next visit. The time to your next check-up could be as short as 3 months or as long as 2 years (or up to 1 year if you're under 18). The next time you will be advised to come in will depend on how healthy your mouth is and your own risks of dental disease.

Generally, the lower your risk of dental problems, the longer you can wait before your next check-up. So people with good oral health will probably need to attend only once every 12 to 24 months, but those with more

What happens if I need more appointments?

If your dentist has found some problems in your mouth that need treating such as a filling or a tooth out, you will need to make more appointments. If you have any questions about your care, it is important to ask the dentist so you fully understand what will be involved.

Dentists may be limiting the treatment they can do during COVID-19 so that they can keep patients safe. Your dentist will explain this to you to make