

# 3 ways to find urgent dental care



You can find NHS dental care in 3 ways:

## 1. Contact an NHS dentist

The first place to try is an NHS dentist. They provide routine care and urgent care appointments during their normal working hours.

You should contact your regular dentist if you have one or you can look for an NHS dentist at <https://www.nhs.uk/service-search/find-a-dentist>

## 2. Book an appointment at an urgent dental access centre

Urgent dental access centres provide appointments to diagnose and treat urgent problems or deal with conditions that you might be worried about. They do not provide routine dental care, like check-ups.

You can use an urgent dental access centre if:

- you are not currently getting ongoing treatment from an NHS dentist
- you cannot get an urgent appointment at an NHS dentist

Children and adults can use urgent dental access centres.

Normal NHS charges and exemptions apply.

You can book your own appointment here:

<https://northeastnorthcumbria.nhs.uk/here-to-help-you/nhs-dentistry>

Urgent dental access centres provide a limited number of urgent appointments Monday to Friday so only book if you need urgent care and will attend your appointment.

If you do not attend your appointment, it means someone else with an urgent dental problem cannot get help.

### **3. Contact NHS 111**

You should contact [111.nhs.uk](https://111.nhs.uk) or call 111 if you cannot find an urgent appointment with an NHS dentist or urgent dental access centre.

The NHS 111 health advisor will talk to you about your needs.

If you do not need help right away, we may give you advice on how to treat the problem yourself until you can get an appointment.

If you do need urgent help, we may be able to find you an appointment during normal working hours at an urgent dental access centre or at an out-of-hours treatment service.

Most general hospitals do not have an on-call service for dental pain so you should visit [111.nhs.uk](https://111.nhs.uk) or call 111 for emergency dental care.

You should only go to A&E or call 999 if you have:

- Serious injuries to your face, mouth, jaw or teeth
- Heavy bleeding from your mouth that will not stop
- Severe swelling of your mouth, lips, throat or neck, and you are having difficulty breathing or opening 1 or both eyes
- Any injury to your head or face that has caused you to lose consciousness, vomit, or have double vision

### **When should you ask for an urgent dental appointment?**

You should make an urgent dental appointment if you have:

- Toothache that is so bad it causes pain that does not stop or ease with over-the-counter pain relief.
- Swelling in the mouth or face, like abscesses or infections, that causes pain or fever.
- Broken or knocked-out teeth.
- Bleeding in the mouth after a dental procedure or injury that does not stop by itself. If bleeding cannot be controlled, you might need emergency care.
- Loose or broken fillings that cause pain.
- Heavy bleeding from gums.
- Problems with the soft areas of the mouth, like cheeks or tongue.

Urgent appointments are also available if you are worried about:

- Pain that does not go away but eases with over-the-counter pain relief.
- Minor trauma like a chipped tooth.
- Loose, broken or displaced crowns, bridges, veneers, posts, and fillings that do not cause pain.
- Loose or broken dentures.
- Bleeding gums.

Scan the QR code or visit: <https://northeastnorthcumbria.nhs.uk/here-to-help-you/nhs-dentistry>

