

Your NHS dental check-up



**Information about your dental check-ups
and when you should have one**

**For adults with healthy teeth and gums who are
at low risk of having dental disease, this may be
up to **every two years**.**



What is a check-up?

A check-up is where a member of the dental team looks at your teeth, gums, and mouth. They check your whole mouth for signs of tooth decay, oral cancer and gum disease.

The dental team will work out if you are at risk of having teeth, mouth or gum problems in the future.

How often should I have a check-up?

The dental team will discuss with you or your carer about when you should have your next check up. If you need any dental treatment, they will let you know when you need to come back. It is much easier to treat problems and stop them from getting worse if they are spotted early.

For adults with healthy teeth and gums, who are at low risk of dental disease, this may be up to **every two years**.

Children with healthy teeth and gums who are at low risk of having dental disease will be offered a check-up **once a year**.

You will be seen sooner if you have a dental problem or if you have a high risk of having dental disease.



Who will do my check-up?

Your check-up will be done by a dentist, dental therapist or hygienist. Dental teams decide who is the best person to do your check-up and any treatment.

What happens if I need treatment?

You might need to come back for treatment or to be seen by another member of the dental team. They will explain if you need to pay any NHS charges or if you can get help with dental costs.



What happens if I get a problem before my next check-up?

If you have any problems with your teeth, gums or mouth before your next check-up, contact a dental practice and ask to be seen sooner.

What if I need to see a dentist urgently?

If you cannot access a dental practice, then contact 111 online via www.111.nhs.uk or call 111.

Where can I find out more?

Visit these NHS webpages for more information:

Information on dental services and check-ups is available at www.nhs.uk/dentalservices

Information on dental services and check-ups is available at www.nhs.uk/teethandgums

