

What if there are problems?

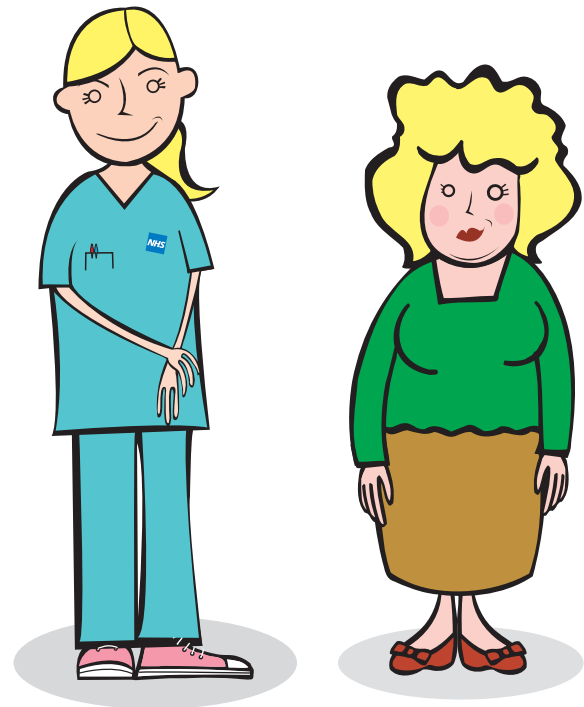
If you have problems with your teeth between check-ups, contact your dentist's surgery to make an earlier appointment. In an emergency outside normal working hours, contact 111 and they will advise you where to go for help.

How can I keep my teeth and gums healthy?

Even if you are not seeing a dentist as often, you can still keep your teeth as healthy as possible:

- Brush your teeth twice per day with a fluoride toothpaste
- Do not eat sugary food between meals
- Drink alcohol in moderation
- Do not smoke, or try and give up if you are already a smoker

You may not need another appointment for the next two years



Check-ups are changing

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 are under 18.

If you are having dental problems or want to find your local dentist call 111



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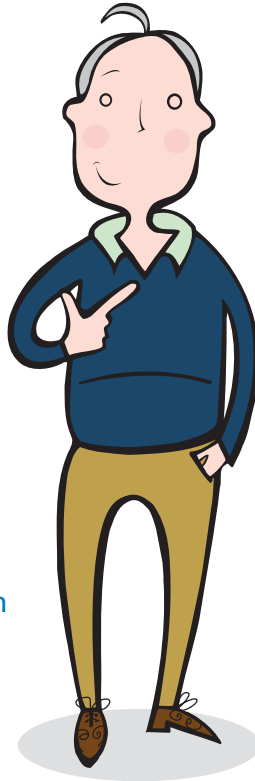
If you have been used to regular check-ups every 6 months, you may find this changes. The gap could be longer or shorter than this, depending on how healthy your teeth and gums are and your risk of future problems.

Why is a check-up important?

It lets the dentist see if you have any dental problems and helps you keep your mouth healthy. It is best to prevent problems or treat them early on – leaving them could mean that treatment is more difficult in the future.

How often should I come back for a check-up?

After your check-up, your dentist will recommend a date for your next visit and discuss this with you. 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 are under 18. The lower your risk of dental problems, the longer the gap will be before your next check-up. This may vary at different times of your life depending on the condition of your teeth, gums and mouth or other changes in your health or lifestyle.



What happens at each check-up?

At each check-up your dentist should:

- examine your teeth, gums and mouth
- ask about your general health and any problems you've had with your teeth, mouth or gums since your last visit
- ask about and give you advice on your diet, tobacco and alcohol use, and teeth cleaning habits
- discuss with you a date for your next visit, when all your treatment has been completed.

What about other treatments?

This advice is about routine check-ups only. You may have other appointments for treatments such as teeth cleaning (scale and polish), fillings or having a tooth out, or for emergency treatment.

Your next appointment

Name

Appointment

Advice

In an emergency outside normal working hours, contact 111 and they will advise you where to go for help.