

# Why should I go to the dentist?

Visiting a dentist lets him or her see if you have any dental problems and helps to keep your mouth healthy. It is best to prevent problems or treat them in the early stages.

# What does your dentist do?

A dentist will:

- examine your teeth, gums and mouth
- ask about your general health and any problems you have had with your teeth
- ask about and give advice on your diet, tobacco and alcohol use and teeth cleaning habits
- discuss and arrange with you a date for your next appointment

Your NHS dentist will assess the state of your oral health by looking at your teeth and gums. If you require treatment, they will explain what is involved and how much it will cost. You will be able to have all treatment provided under the NHS in order to keep your teeth, gums and mouth healthy.

If your dentist says that you need a particular type of clinically necessary treatment, it will be provided for you on the NHS.

# What you should pay

If you are not exempt from charges you will be asked to pay one of the following rates:

## Band 1 course of treatment - £17\*

This covers your examination, diagnosis (e.g. x-rays if required), advice on how to prevent future problems, and a scale and polish if needed.

## Band 2 course of treatment - £47\*

This cost covers everything listed in Band 1, plus any further treatment such as fillings, root canal work or if your dentist needs to take out one or more of your teeth.

## Band 3 course of treatment - £204\*

This cost covers everything in Bands 1 and 2 above, plus crowns, dentures and bridges.

The above costs are the only charges your dentist should ask you to pay when you are having NHS treatment.

The time until your next check up could be as short as three months or as long as two years, or up to one year if you are under 18 years.



You may be able to get help with NHS health costs if you're on a low income. You'll need to complete form HC1 from the dentist. You can also get an HC1 form by contacting the Health Cost advice line on 0845 850 1166. For further information on NHS dental services and dental charges see the more detailed Guide to NHS dental services in England, which is available at [www.dh.gov.uk/dentistry](http://www.dh.gov.uk/dentistry).

\* These charges are correct as of April 2011 and are subject to change.

There are more NHS dentists than you think • To find your local dentist call 111

# How can I find an NHS dentist?

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

Everyone can make an appointment for a check-up, which is free for children and exempt adults (£17 if you're not exempt\*). You'll also be able to pick up tips and advice on how to take care of your teeth.

\*NHS treatment is free if you're under 18, aged under 19 and in full-time education, pregnant or receiving certain benefits. For full details please visit NHS Choices website at [www.nhs.uk](http://www.nhs.uk)

## Translations

If anyone requires the leaflet translated or into braille or another language, they can contact the Communications Team direct:

**Communications Team**

Tel: 0191 374 4109

Email: [cd-pct.communications@nhs.net](mailto:cd-pct.communications@nhs.net)



### Bengali

যদি আপনার ইংরেজী ভাষা বলা বোনা জানা থাকে অথবা অন্য ভাষায় কথা বলায় সমস্যা হয় তবে দয়া করে ০১৯১ ৩৭৪ ৪১০৯ নম্বরে যোগাযোগ করুন।

### Cantonese

如果您需要其他語言的版本，請與以下電話聯繫並報出參考號碼：0191 374 4109

### Punjabi

ਜੇ ਤੁਹਾਡਾ ਡਾਕਟਰਾਂ ਨਾਲ ਗੱਲਬਾਤੀ ਦੀ ਸਹੂਲਤ ਨਹੀਂ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਨ ਨੰਬਰ 0191 374 4109 'ਤੇ ਸੰਨ ਕਰੋ ਅਤੇ ਰਿਕਾਰਡ (ਟੈਲਾਓ) ਨੰਬਰ ਦੀ ਸਹੂਲਤ ਦੀ ਸਹੂਲਤ।

### Polish

Jasli chcialby Pan(i) otrzymac polska wersje listulki, jezylizy ktorego dokumentu, prosze zadzwonic pod numer 0191 374 4109 i podac numer identyfikacyjny dokumentu.

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**NHS**  
County Durham and Darlington

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# Looking after your teeth

Information about  
Darlington NHS  
dentists and dental  
treatment

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