

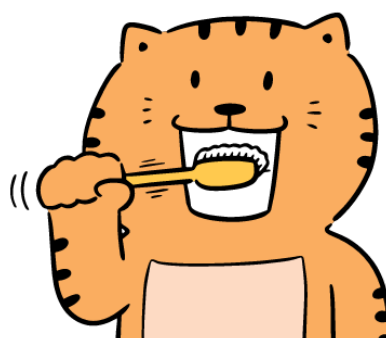
# How to find an NHS dentist

You can find an NHS dentist that is convenient for you, near your home or school, and phone them to see if there are any NHS appointments available at the moment.

Dental surgeries will not always have the capacity to take on new NHS patients and you may have to join a waiting list.

Once you find a dental surgery, you may have to fill in a registration form. However, that does not mean you have guaranteed access to an NHS dental appointment in the future.

**Scan the QR Code to find a dentist close to you or search find an NHS dentist:**



# Oral Health Promotion Website

## Top tips for healthy teeth:

- Brush twice a day; last thing at night is most important.
- Use a smear of toothpaste for under 3 years & a pea size for over 3 years.
- Use toothpaste containing 1,350 - 1,500 parts per million fluoride for maximum protection.
- Spit your toothpaste out after brushing, but do not rinse.
- Reduce sugar in your diet and keep to mealtimes only.
- Visit your dentist for regular check-ups.

**For more  
information please  
scan the QR code:**

