

## Emergency dental treatment

Daytime: Call 0300 1000 899 between 8.30am- 5pm Monday to Friday for information on appointments.

Out of hours (including bank holidays) telephone the clinic nearest your home for opening times.

Hailsham Clinic 01323 449170

Hastings Clinic 01424 850792

Lewes Clinic 01273 486444

## Special care needs

If you want to know about special care dentistry ask your dentist, or other health or social care professional about referral to The East Sussex Special Care Dental Service (SCDS).

This covers patients who are unable to receive care from a general dental practice. For example people with a significantly complex medical history, people with a disability and people who are housebound.

The SCDS also accepts

- Children under 16 who require tooth extraction under general anaesthetic referred by their dentist
- Looked-after children,

gypsies and travellers' children, and children referred from health and social care professionals.

## Mouthcare training

Mouthcare training is available for carers. For patient referrals and further information about mouthcare training, contact: SCDS, Dental Office, The Annexe, 1A The Avenue, Eastbourne, East Sussex, BN21 3XY. Tel 01323 444161.

## Disabled access

General Dental Practitioners have made their practices accessible to patients with disabilities where possible. To find out which practices have access for wheelchair users phone the dental helpline.

This leaflet can be made available in other languages and formats upon request. Telephone (dental team) 01273 485334.

## Further information:

British Dental Health Foundation [www.dentalhealth.org.uk](http://www.dentalhealth.org.uk)  
0870 770 4000

British Dental Association [www.bdasmile.org](http://www.bdasmile.org)  
0207 935 0875

Patient Advice Liaison Service (PALS)  
0300 1000 891

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[www.esdw.nhs.uk](http://www.esdw.nhs.uk)

[www.hastingsandrother.nhs.uk](http://www.hastingsandrother.nhs.uk)

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Contact address: Communications Department 36 – 38 Friars Walk, Lewes, East Sussex, BN7 2PB. Phone 01273 485300 Fax 01273 485400.



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## Looking for a NHS dentist?

**NHS**

How can I get NHS dental treatment?



**Call 0300 1000 899**

Your local NHS dentistry services are growing and we want to encourage more people to visit a NHS dentist if they haven't already done so recently.

There are many reasons why it's a good idea do this regularly and this leaflet tells you about some of them,

along with some basic advice for children, young people and adults.

If you want to find a NHS dentist, call the local NHS Dental Helpline.

Lines open between 8.30am and 5pm Monday to Friday

*Calls charged at local rate.*

## Babies and children

A good time to visit the dentist is when your baby's first tooth comes through which is usually between 3 and 12 months old.

Milk and water are the only safe drinks for teeth. Dental problems such as tooth decay can start early, once the diet includes foods and drinks containing sugar. Tooth decay is caused when sugary drinks and foods are given frequently, especially between meals.

Start giving your baby drinks from an open cup from 6 months and try to complete the changeover from bottle to open cup by one year. No-spill cups are not recommended. If sugary drinks are given frequently in them, they will harm the teeth, and prolonged use may lead to speech problems. Children need to learn to drink from an open cup with a sipping action.

If you want to give your child fruit juice, make it well diluted and give it in a cup,

only with meals. In between meals, offer snacks like fresh fruit, raw vegetables, bread, toast or cheese.

Dummy use, thumb and finger sucking for long periods each day can affect speech and language development and may also cause crooked teeth. Try to stop dummy use before your child is one year old. It can be more difficult to stop thumb and finger sucking, but do ask your dentist for advice.

The earlier children start tooth-brushing the better. The routine will start with your help; so as soon as you notice teeth appearing start brushing them twice daily using a small soft toothbrush and a smear of fluoride toothpaste.

For children under 3, you'll need toothpaste containing 1000 ppm (parts per million) of fluoride. It's recommended that children aged 3 and over use a pea-sized amount of adult fluoride toothpaste containing 1450 ppm. Look for the ppm on the toothpaste tube.

Remember that young children don't have the ability to brush their teeth effectively and they'll need some help until they are about 7 or 8 years old. Start children off early and visit a dentist.

*Children with healthy teeth chew food easily and smile with confidence*

## Young people and adults

Knowing that your teeth look good is important for your confidence and it affects everything about communication; when you speak and smile, as well as the

way you eat. Fresh breath is important too.

Smoking stains the teeth and increases the risk of gum disease and tooth loss. Alcoholic drinks and the mixers used with them often contain lots of sugar and also increase the risk of tooth decay. Drinking alcohol and smoking increases the risk of developing mouth cancer.

Brush your teeth thoroughly at least twice a day, especially at the gum line, using toothpaste that contains fluoride. You can spit out the toothpaste at the end, but don't rinse your mouth out. Change your toothbrush regularly, around every three

months. If your gums bleed, brush more thoroughly. If the bleeding doesn't improve, seek the advice of a dentist.

Fresh breath is helped by cleaning in-between your teeth each day by using dental floss or interdental brushes.

If you chew sugar-free gum for 10-20 minutes after your meal, the extra saliva helps neutralise the acidity caused by eating and drinking sugary things.

Find a NHS dentist and go for regular check-ups. You can get all sorts of advice about preventing tooth decay and gum disease, braces, crooked teeth, fillings, wisdom teeth, extractions, mouth ulcers and accidental damage caused, for example, during sporting activities.

*Kiss with confidence*

## More for adults

Your dentist will tell you how often you should go for a check-up which will depend on how healthy your teeth

and gums are. In adults, the interval between check-ups is usually between three months and two years.

Visiting your dentist regularly will mean that any problems will be caught early, so they will be easier (and less expensive!) to treat.

NHS dentists can advise on a whole range of problems, such as: aching jaw, dental abscesses, dentures, dry mouth, erosion, fear of the dentist, gum disease, HIV/AIDS, Hepatitis B and C, knocked-out teeth, mouth ulcers, mouth cancer, snoring, tooth decay and oral hygiene.

Additional note: Even if you have a full set of dentures it is still very important that you attend a dentist every two years for a mouth check.

*Your teeth are as important as ever so see your dentist regularly.*

