

Accessing and Continuing Dental Care in the Community



Integrated Dental Services

Registered with a dentist?

Please contact your dental practice who will be able to give you advice and see you for routine and emergency care.

Not registered with a dentist?

If you have toothache, call one of the following numbers at 8.30am to arrange treatment for the same day (Monday – Friday).

Angus

01241 432481

Springfield Medical Centre
30 Ponderlaw Street
Arbroath
DD11 1ES

Dundee

01382 596990

Kings Cross Dental Clinic
Clepington Road
Dundee
DD3 8EA

Perth

01738 450550

Broxden Dental Centre
Tweed Place
Perth PH1 1TJ

In an emergency situation, if you are not registered with a dentist, you can also go to Dundee Dental Hospital between 9am and 2pm on weekdays

Call Linkline

01382 596982

In an out-of-hours emergency, contact **NHS 24** on:

111

What if I don't live in the Tayside area?

To find NHS dental treatment in your area, contact the NHSinform Helpline.

Telephone:
0800 22 44 88

Textphone:
1800 10800 22 44 88

Online:
www.nhsinform.co.uk

The NHSinform Helpline also provides an interpreting service

Will I need to pay for NHS dental treatment?

NHS dental treatment is free if you are:

- aged under 18
- aged 18 and also in full-time education
- pregnant or have a child less than 12 months old before treatment starts
- getting (or your partner gets) Income Support, Income-related Employment and Support Allowance or Income-based Jobseeker's Allowance
- named or partner on a valid NHS tax credit exemption certificate
- named on a valid HC2 certificate issued under the NHS Low Income Scheme

How will my dentist help?

Your dentist:

- will get rid of any dental pain for you
- will keep your medical history confidential
- may be able to improve the appearance and function of your teeth
- will check your mouth for any other problems

What can I do to improve my oral health?

- Brush your teeth twice daily with a fluoride toothpaste
- If your gums bleed, don't stop brushing. Go and see your dentist.
- Try to keep sugary foods and drinks to mealtimes.
- Try to stop smoking and limit the amount of alcohol you drink.

Developed and reviewed by PDS Management Team

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