Are you looking for an NHS dentist in South Tyneside?

Why you should go to the dentist
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Gateshead Primary Care Trust
South Tyneside Primary Care Trust
Sunderland Teaching Primary Care Trust
Why you should go to the dentist

It is important to go to the dentist regularly for check ups to keep your teeth and gums healthy. By making just a few simple changes to what you eat and drink, stopping smoking, reducing alcohol intake and brushing your teeth the correct way, you can make a big difference to the health of your mouth, gums and teeth.

If you have dentures it is important that you still attend the dentist on a regular basis as dentures, like natural teeth, must be looked after to ensure you maintain good oral health.

What to expect from your dentist

The dentist will:

• Examine your teeth, gums and mouth

• Ask about your general health and any problems you may have had with your teeth

• Advise on how to avoid tooth decay and gum disease

• Give you a treatment plan for any proposed Band 2 or 3 treatment

• Make sure you know how much your NHS and/or private treatment will cost

• Discuss and arrange with you a date for your next appointment

This could be any time between three months and two years.

Your dentist expects you to:

• Give as much notice as possible if you have to cancel or change your appointment. If you miss NHS appointments you will not be asked to pay, but your dentist can decide not to offer you treatment in future

• Ask you if there is something you don’t understand

• Pay your treatment bills promptly

• Try to follow their advice on how to avoid tooth decay and gum disease
What you need to pay

Some people do not have to pay for treatment. If you are not exempt from charges you will be asked to pay one of the following:

**Band 1 course of treatment - £16.50**
This covers an examination, diagnosis (e.g. x-rays), advice on how to prevent future problems and a scale and polish, if needed. If your urgent treatment requires more than one visit you still only pay Band 1 charge £16.50.

**Band 2 course of treatment - £45.60**
This covers everything listed in Band 1 above, 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 - £198.00**
This covers everything listed in Bands 1 and 2 above, plus crowns, dentures or bridges.

These charges are correct as at April 2010 and are subject to change.
Help with dental costs

You do not have to pay for NHS dental treatment if, when the treatment starts you, are:

• aged under 18
• under 19 and in full-time education
• pregnant or a mother who has had a baby in the previous 12 months
• staying in an NHS hospital and your treatment is carried out by the hospital dentists
• an NHS Hospital Dental Service outpatient (however, you may have to pay for your dentures or bridges)
• included in an award of Income Support, Income-related Employment and Support Allowance, Income-based Jobseeker’s Allowance or Pension Credit Guarantee Credit
• named on, a valid NHS tax credit exemption certificate or you are entitled to an NHS tax credit exemption certificate
• entitled to full help under the NHS Low Income Scheme (i.e. you are named on a valid HC2 certificate)
• entitled to partial help under the NHS Low Income Scheme, and your name is on a valid HC3 certificate, you may not have to pay for all your treatment

You will need form HC1 to claim for full (HC2) or partial (HC3) help with NHS dental costs. These forms are available from your Jobcentre Plus office or by calling 0845 850 1166 or 08701 555 455.

Patient Advice and Liaison Service (PALS)
PALS is able to provide advice with dental queries and to those who are experiencing problems in finding an NHS dentist. Ring freephone 0800 731 2326.
Urgent dental treatment

Urgent treatment during normal surgery hours

If you require urgent treatment and you regularly attend a dental practice please contact the dental practice to request an urgent appointment.

If you require urgent treatment during normal surgery hours and you do not regularly attend a dental practice, please contact PALS freephone 0800 731 2326. They will be able to provide you with a list of dental practices that hold sessions for emergency patients.

Urgent treatment outside normal surgery hours

If you require urgent dental care between 6.30pm-10.30pm on a weekday or between 9.30am-10.30pm on a weekend and bank holidays, please contact your dental practice. They will provide the emergency telephone number via an answer machine message.

If you do not have a regular dentist, please call NHS Direct on 0845 4647 or go to NHS Choices website www.nhs.uk for more information.

When ringing the out of hours service, your condition will be assessed by a dental nurse and, if appropriate, treatment will be offered. You may need to travel for treatment and will be provided with details of the nearest location.
NHS dental practices in your area

Listed below are all of the dental practices in South Tyneside who provide NHS dental services. To find out which practices are currently taking on new NHS patients please telephone PALS on 0800 731 2326, NHS Direct on 0845 4647 or go to NHS Choices website www.nhs.uk for more information.

**Geoff Anton's Ltd**
88 Victoria Road West
Hebburn
NE31 1LR
0191 483 2605

**Mrs Bennison**
6 Grange Road West
Jarrow
NE32 3JA
0191 430 0207

**Mrs Coates**
4 Park Road
Hebburn
NE31 2UL
0191 483 2509

**Mrs Black**
22 North Road
Boldon Colliery
NE35 9AR
0191 537 4878

**Mr Branley**
74 Fowler Street
South Shields
NE33 1PD
0191 427 1030

**Mr Gill & Mr Blaylock**
265 Sunderland Road
South Shields
NE34 6AL
0191 455 5074

**Mr Gill & Mr Blaylock**
78 Dean Road
South Shields
NE33 4AR
0191 455 4800

**Mr Mc Donald**
22 Bede Burn Road
Jarrow
NE32 5AR
0191 489 7451

**Mr Towndrow & Mr Burton**
1 Marina Terrace
Whitburn
SR6 7DH
0191 529 4402

**Mr Harrison**
2 Belle Vue Crescent
Tyne Dock
South Shields
NE33 4RD
0191 455 4732
Mr Nojib  
147 Prince Edward Road  
South Shields  
NE34 8PL  
0191 455 9898  

South Tyneside Smiles Ltd  
Chelsea House  
299 Albert Road  
Jarrow  
NE32 5JU  
0191 489 8066  

Mr Thomas  
80 Croft Terrace  
Jarrow  
NE32 5XH  
0191 489 5679  

Mr Donoghue  
Marsden Road Health Centre  
South Shields  
NE34 6RE  
0191 455 5652  

Mr Singh  
158 Westoe Road  
South Shields  
NE33 3PH  
0191 456 0573  

South Tyneside Smiles Ltd  
16 - 22 Westoe Road  
South Shields  
NE33 4LZ  
0191 456 2567  

Mr White & Partners  
2 - 3 Station Terrace  
East Boldon  
NE36 0LJ  
0191 537 1177  

South Tyneside Smiles Ltd  
Flagg Court Health Centre  
South Shields  
NE33 2LX  
0191 420 2878  

Mr White  
51 - 53 Boldon Lane  
South Shields  
NE34 0AR  
0191 454 8489  

South Tyneside Smiles Ltd  
15 - 17 Station Road  
Hebburn  
NE31 1LA  
0191 430 1735
NHS South of Tyne and Wear (serving Gateshead Primary Care Trust, South Tyneside Primary Care Trust and Sunderland Teaching Primary Care Trust) is committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request.
If you require further copies of this leaflet please contact Primary Care Contract Team Tel: 0191 529 7000