**What will it cost?**

*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

If you are aged 19 or over and not in full-time education you will have to pay for any NHS treatment.

For further advice with health costs call 0845 850 1166 or visit www.nhsbsa.uk or see “Help with Health Costs (HC11)”

### Treatment Prices

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Price</th>
<th>Band</th>
</tr>
</thead>
<tbody>
<tr>
<td>Check up, x-rays, scale &amp; polish if needed and any advice on future prevention</td>
<td>£16.50</td>
<td>1</td>
</tr>
<tr>
<td>Includes band 1 treatment plus fillings, root canal work and extraction of teeth</td>
<td>£45.60</td>
<td>2</td>
</tr>
<tr>
<td>Includes band 1 &amp; 2 treatment plus crowns, dentures and bridges</td>
<td>£198.00</td>
<td>3</td>
</tr>
</tbody>
</table>

If your urgent treatment requires more than one visit you still only pay Band 1 charge £16.50 Urgent

### Looking for a dentist?

To find a dentist near you contact:
- Patient Advice and Liaison Service (PALS) 0800 7312 326
- NHS Direct on 0845 46 47 or at www.nhsdirect.nhs.uk
- NHS Choices at www.nhs.uk

If you are not a resident of Gateshead, South Tyneside or Sunderland, you can still access NHS dental treatment.

### Working together to make South of Tyne and Wear healthy for you

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

Production update: Oct 10 Author: Primary Care Dental Code: 1010/263

Gateshead Primary Care Trust
South Tyneside Primary Care Trust
Sunderland Teaching Primary Care Trust

South of Tyne Wear

Your smile
Your guide to healthy teeth and gums
Why should I visit the dentist?
It's important to visit the dentist regularly for check-ups to keep your teeth and gums healthy, prevent tooth decay and gum disease.

What the dentist will do to protect your teeth and gums:
Check: your teeth and gums
Provide advice: on avoiding tooth decay and gum disease
Explain: the cost of treatment
Follow up: tell you when to return for your next check up

Reasons why you should look after your teeth and gums:
So you look good and feel great.
Healthy teeth and gums will help you to enjoy food and drink.
Share a smile and make an impact.
Kiss with confidence.
Keep your teeth and gums clean and avoid bad breath.

How to prevent tooth decay and gum disease
Dental plaque forms in every mouth. It is easily controlled by tooth brushing, reducing sugar intake and regular check ups with the dentist. Follow these steps:

Cut Down on sugary foods, snacks and drinks.
Brush your teeth with fluoride toothpaste twice a day.
Get regular check ups from your dentist.
Quit smoking, it can affect teeth, gums and mouth and can lead to mouth cancer.
Know your limits, excessive alcohol can damage your mouth.
Mouth jewellery/piercings are not recommended but if you have them keep them clean.

What do I do in case of an emergency?
If you need urgent dental treatment during normal surgery hours and:
- you already have a regular dentist contact your dental surgery and request an urgent appointment
- you do not have a regular dentist please contact NHS Direct on 0845 46 47, who will provide a list of practices that hold emergency sessions

If you need urgent dental treatment between 6.30pm and 10.30pm on a weekday or between 9.30am and 10.30pm on weekends or bank holidays, please contact your dental practice. They will provide the emergency number via a telephone message.

If you do not have a regular dentist please call NHS Direct 0845 46 47 or go to NHS choices website www.nhs.uk