Your NHS dental check-up

Easy Read

Information for you or your carer about your dental check-ups and when you should have them

It is important to keep your teeth, gums, and mouth healthy.

What is a check-up?

At your **check-up**, the **dental team** look at your teeth, gums, and mouth.

They check for signs of **tooth decay, gum disease** and **mouth cancer**.
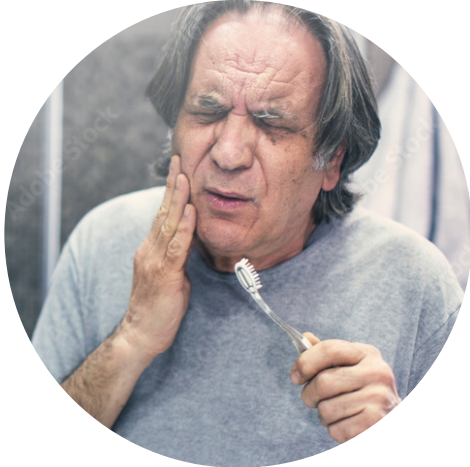
People who might be involved in your check up

Your check-up will be done by a **dentist**, **dental therapist** or **hygienist**.

Dental teams decide who is the best person to do your check-up and any treatment.

How often should I have a check-up?

It is much easier to treat problems and stop them from getting worse if they are spotted early.

Every 1 to 2 years

Adults with healthy teeth and gums and who have a **low risk** of dental problems will be offered a check-up every **1 to 2 years**.

The dental team may need to see you sooner if you have a dental problem or a **high risk** of dental problems in the future.

Once a year

Children with healthy teeth and gums who have a low risk of dental problems should have a check-up **once a year**.

What happens if I get a problem before my next check-up?

If you have any problems with your teeth, gums, or mouth before your next check-up, contact a dental practice and ask to be seen sooner.

What if I need to see a dentist urgently?

If you cannot access a dental practice, then contact 111 online via **www.111.nhs.uk** or call 111.

Where can I find out more?

Visit these NHS webpages for more information:

Information on dental services and check-ups is available at
www.nhs.uk/dentalservices

Information on dental services and check-ups is available at
www.nhs.uk/teethandgums