

FAQs

Dentists & Covid-19

Can I still visit my dentist?

Routine face to face dental services have been suspended all over the country due to Covid-19.

Please **call your dentist first** – your practice will be able to give you advice and guidance over the phone on what support is available depending on your condition.

Your dentist will then assess you and give you advice which may include:

- Advice and information on how to manage the condition yourself
- A prescription for appropriate medication
- Calling 111 if you need urgent treatment

What if I don't have a dentist and need help?

Please **call NHS 111** if you do not have a dentist and need urgent dental care.

If you don't have a regular dentist then you can go to <https://www.nhs.uk/service-search/find-a-dentist> to find a local dentist for information and advice.

What if I have Covid-19 and need to see the dentist?

It's important to **call your dentist** and inform them over the phone that you're experiencing Covid-19 symptoms.

Your dentist will then provide advice and guidance on what to do next – this could include information on how to manage your condition, a prescription for medication or, if you need urgent dental care to call NHS 111.

What does urgent dental care involve?

- Dental infections or infections in the mouth
- Dental or facial pain that cannot be controlled by medication
- Broken teeth that expose the nerve
- Dental trauma
- Oral or facial swelling
- Bleeding that cannot be stopped
- Providing care for patients with complex medical conditions and where not treating may lead to worsening of their general health

What can I do in the meantime?

Covid-19 is going to be with us for many months, so it's important to look after your dental health by maintaining a healthy diet and oral hygiene routine.

Top tips for maintaining good dental health:

- Brush your teeth for two minutes, twice a day with fluoride toothpaste
- The best time to brush is last thing at night, before you go to bed and in the morning
- Cut down on sugary foods and drinks- both how much you have and how often you have it
- Keep sugar consumption to mealtimes - this will reduce the time your teeth are under at risk of tooth decay
- Keep your dentures out at night and brush them regularly after meals

Remember, if you need help:

- Call your dentist first
- If you can't contact your dentist and need urgent help, call 111