



## To Find Your Local NHS Dentist:

Visit NHS Choices website at  
[www.nhs.uk/dentists](http://www.nhs.uk/dentists)



### Healthwatch:

Leicester City: 0116 251 8313  
Leicestershire: 0116 257 4999  
Rutland: 01572 720381

### Need URGENT dental care?

Calls are **FREE** from landlines  
and mobile phones



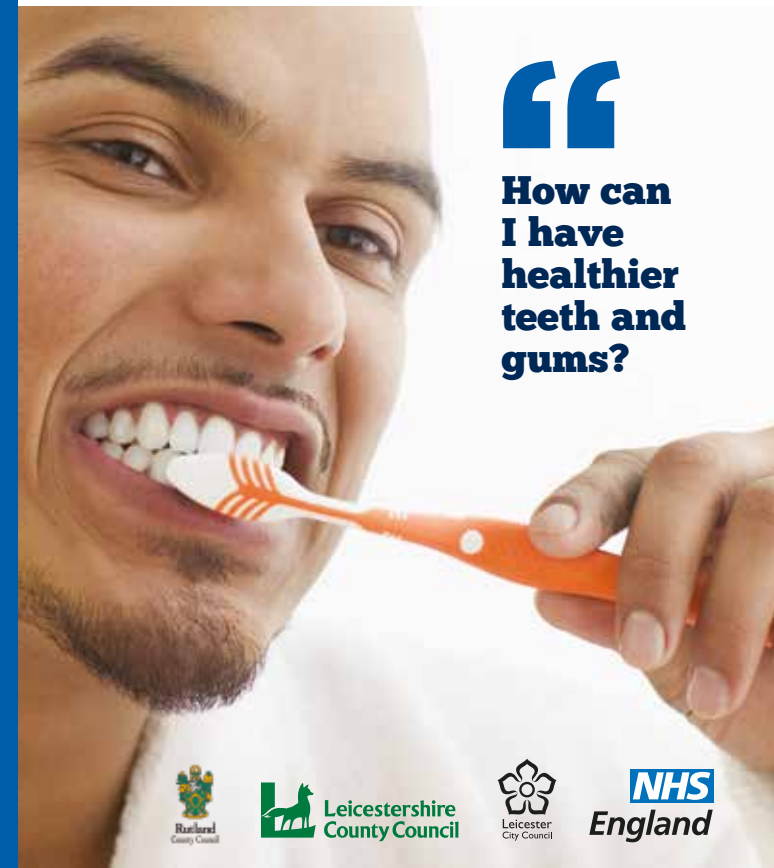
when it's less  
urgent than 999

# Oral Health

## Adult Information Guide



**How can  
I have  
healthier  
teeth and  
gums?**



## Can't afford to pay for NHS Dentistry?

You may be able to get help from the NHS Low  
Income Scheme by completing an **HC1 Form**.

### Ask for an HC1 Form at:

- Your doctor, dentist or optician
- Jobcentre Plus
- Most NHS hospitals

Or ring 0845 610 112

### You are entitled to free NHS dentistry if you or your partner gets:

- Income Support
- Income-based Jobseekers Allowance
- Income-related Employment & Support Allowance
- Pension Credit Guarantee
- Universal Credit & meet the criteria
- Are named on an NHS Tax Credit Exemption Certificate.

**Healthy Teeth, Happy Smiles!**

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# Quick Tips About Oral Health

## Cut down snacking on sugary food and drinks.

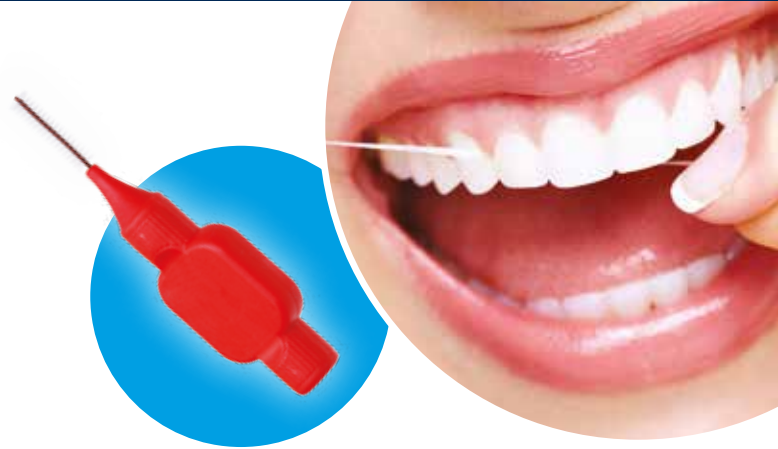
- This will reduce the number of times your teeth are exposed to acids.

## Brush with fluoride toothpaste twice a day.

- Fluoride helps strengthen teeth and helps to fight tooth decay

## Just spit, don't rinse!

- Do not rinse away fluoride toothpaste after brushing
- Change your toothbrush when worn out



## Clean between your teeth using floss or interdental brushes

- This will remove more plaque and protect against gum disease and tooth decay

## Stop smoking

- Reduces your chance of getting gum disease and mouth cancer.
- Smokeless tobacco products can also cause mouth cancer.

## Visit your dentist

It is important to visit your dentist regularly, even if you wear dentures!

Dentists can check for :

- Cavities
- Gum Disease
- Mouth Cancer



**Tobacco and alcohol increase your risk of mouth cancer**

**For FREE advice and help with quitting smoking:**

**Leicester City**

Visit [www.stopsmokingleic.co.uk](http://www.stopsmokingleic.co.uk)

Call our helpline **0116 454 4000**

**Leicestershire and Rutland**

Visit [www.quit51.co.uk](http://www.quit51.co.uk)

Call **0800 622 6968**

Text **smokefree** to **66777**

**stop** smoking service

If you are concerned about how much alcohol you are drinking, visit the NHS website [www.nhs.uk](http://www.nhs.uk)

You can also phone **Drinkline** on **0800 876 6778** or see your GP.

**Find a local dentist** ➤