



Looking for NHS Dentists on Teesside?

Call the dental helpline on

0345 045 0620

or text 07700 380000

The dental helpline can

- Help you find local NHS dentists in Hartlepool, Middlesbrough, Redcar and Cleveland and Stockton-on-Tees
 - Explain NHS dental costs
 - Provide advice on who can get free NHS treatment
 - Provide advice on practices with extended opening hours eg. evenings, early mornings and Saturday mornings
- Provide advice on specialist services such as orthodontics, care at home, care for anxious and special needs patients
- Provide advice on NHS treatments including crowns, bridges and dentures

This information
is available in
other formats
and in other
languages by
telephoning
0800
013 0500

NHS

Tips for a healthy smile

**Remember to brush teeth every morning and night
with a higher strength fluoride toothpaste
(1,350 - 1,500 ppm)**

Spit out toothpaste but do not rinse after brushing

Limit sugary food and drinks to mealtimes

Choose healthy snacks such as fresh fruit and cheese

Visit the dentist regularly

