

LOOKING AFTER TEETH

1. Brushing

You should brush your teeth twice a day for two minutes, always last thing at night. If you don't brush all surfaces of the teeth a film of bacteria known as plaque can build up which may lead to tooth decay and gum disease.

2. Tooth Brush

Use a small headed, compact, angled brush with long & short round-ended medium or soft bristles. Electric brushes with oscillating or rotating heads work well too.

3. Tooth Paste

Adults should use fluoride toothpaste containing 1,350 ppm. Don't rinse your mouth out after brushing, as this will wash away the fluoride, just spit out the excess toothpaste.

4. Flossing

This isn't just for dislodging food, it can remove plaque from the surfaces between the teeth that cannot be reached with a normal brush. It is best to floss before cleaning your teeth. It can reduce gum disease & bad breath.

5. Food & Drink

Avoid food & drink containing excess sugar and acid.

Costs

Dental care in the UK is not free unless you are referred to a hospital for treatment. However, a NHS dentist is cheaper than a Private one. If you are on a low income you can apply for free dentistry by completing HC1 form. They are located on the top shelf of the leaflet rack outside the nurse's office. These forms are quite long but only a few pages are relevant to students, so don't be put off, the nurse can offer support with completion. You may also be able to get refunded for your NHS dental costs if you keep the dental receipts. If successful with your HC1 application, you are also exempt from paying for prescription costs and eye tests.

How Much Will I Pay?

<http://www.nhs.uk/NHSEngland/AboutNHSservices/dentists/Pages/nhs-dental-charges.aspx>

Brasenose College

Nurse

Kate Tempest

Staircase 12

Drop-In Clinics

Mon, Wed & Fri

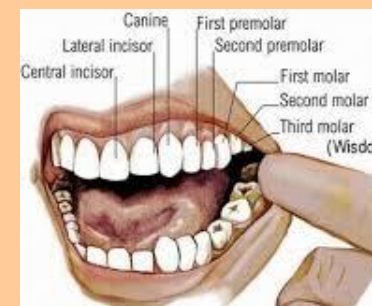
09.45-11.45

Tues & Thurs

12.30-14.30

Dental Problem?

Information for Students



**DON'T HAVE A DENTIST?
FOR DENTAL
EMERGENCIES YOU CAN
CALL 111 AT ANYTIME**

STUDENTAL

This is a student dental service located on the Oxford Brookes site. The address is:

Brookes University, Campus, 3rd Floor Colonnade Building, Oxford OX3 0BP
01865 689997

1. This is a NHS dentist the charge is £18.50 for a check-up.
2. You can register on line and make your own appointment. It's quick & simple.
www.studental.co.uk
3. You can normally get an appointment the same day or the next day.
4. Opening Hours: Mon-Fri 8am-6pm. However, they do not have an on-call service outside these hours.
5. You may not be able to see the same Dentist on each visit.
6. You will have a catch the bus or cycle/walk up a hill to get there.

OTHER NHS DENTISTS

You can also use any local dentists here in Oxford. NHS dentists usually charge the same as Studental, £18.50 for a check-up. These are some of the NHS dentists in Oxford city:

1. **St John's 01865 515967**
2. **Oasis Dental 01865 243702**
3. **Temple Street Dental 01865 922111**

Make sure you ask to be seen as an NHS patient as these dentists also see private patients & costs are higher.

You can find out which NHS dentists in your area are taking on new patient by going to www.nhs.uk In the top right hand corner go to 'Services near you'. Then select dentists and put in your postcode. You will get a list of local dentists both Private & NHS.

For accidents and emergencies the Emergency Department at the John Radcliffe Hospital is open 24 hours a day every day of the year. You don't need an appointment to attend.

The John Radcliffe Hospital, Headley Way, Oxford OX3 9DU

01865 741166



PRIVATE DENTISTS

1. **33, Beaumont Street Dental Practice**
01865 557933 OX1 2NP
2. **Geekie, Lewis & Paul Dental Practice**
30, Beaumont Street 01865 552978
3. **Diamond House Dental Practice**
199, Banbury Road 01865 559521
4. **42, St Giles Dental Practice**
OX1 3LW 01865 310368

COLLEGE NURSE

The College Nurse is in college every day during term time. She is available to discuss any health or welfare matter with students, including dental problems. Clinic sessions are 'Drop-In' so no need for appointment. However, if you would prefer an appointment time, please Email the nurse. The nurse is also available for Email consultations kate.tempest@bnc.ox.ac.uk

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