

Who can get subsidised dental care?

- Women who are pregnant or have had a baby in last 12 months
- Dependents of eligible students
- Students from EEA / EU countries and countries with a reciprocal healthcare agreement
- Tier 4 visa students on a course lasting 6 months or longer and have paid the health surcharge
- Those under 18 years old

How do I find an NHS dentist?

A list of dentists can be found on the NHS website

www.nhs.uk/Service-Search/Dentist/LocationSearch/3

For urgent treatment call NHS 111: **111**
(24 hours / 7 days)

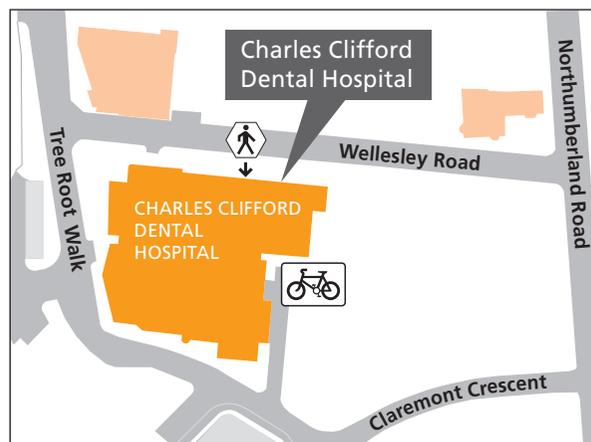
Charles Clifford Dental Hospital Emergency treatment: **0114 271 7800**

How to apply for free dental care at Charles Clifford Dental Hospital

To apply for **free** dental treatment you will need to complete an application form. This can be downloaded from the Sheffield Teaching Hospital's website:

- <https://www.sth.nhs.uk/our-hospitals/charles-clifford-dental-hospital> *subject to change

If you are eligible you will be called for an assessment/check up.



Charles Clifford Dental Hospital
76 Wellesley Road
Sheffield, S10 2SZ

[1] www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention

[2] www.rcplondon.ac.uk/projects/outputs/nicotinewithout-smoke-tobacco-harm-reduction-0

Alternative formats can be available on request. Email: alternativeformats@sth.nhs.uk

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Dental care for students

How to access dental care while studying at university

 **Information for patients**
Charles Clifford Dental Hospital



**PROUD
TO MAKE A
DIFFERENCE**

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



Welcome to Sheffield

While you are studying at university you'll have lots to do and experience. So it is understandable that you might not focus on your health.

Some students have reported that their oral health changes whilst at university.

'A change in diet and hygiene routines, increased consumption of confectionary etc can lead to previously healthy teeth suffering decay.' [1]



It is always a good idea to have a dental check up at regular intervals and you can still do this whilst studying.

What can I do to look after my teeth?

Apply for **free** treatment at the dental hospital.

What treatment can I get?

Cleaning, fillings, crowns and bridges, dentures.

What else can I do to help my teeth?

Brush twice daily with fluoride toothpaste

- Toothpastes with 1000 to 1500ppm of fluoride will help protect your teeth
- After brushing, spit out but don't rinse your mouth out
- Clean between your teeth with floss

Reduce intake of sugars and frequency

- Eat a balanced diet with less than 10% of energy from sugar

'Frequency of sugar intake is the most important dietary factor in determining cavities experience' [2]

Stimulate saliva flow after eating sugary food. Chewing sugar free gum can help

Stop smoking/chewing tobacco, betel etc.

- Evidence suggests that smoking increases the risk of gum disease
- E-cigarettes have about 5% of the harm of normal cigarettes [2]

Decrease alcohol consumption

- Excess alcohol consumption and smoking can dramatically increase the risk of oral cancer

Charles Clifford Dental Hospital

The University of Sheffield has one of the best dental schools in the UK. Attached to the dental school is the Charles Clifford Dental Hospital.

As a registered student you and your dependents can apply for **free** dental treatment at the hospital.

Dentistry in the UK

- Dentistry in the UK is provided by private dentists or by the state via the National Health Service (NHS).
- Students can register with any dentist providing that they are taking new patients.
- The cheapest option is to find an NHS dentist.
- Charges vary depending upon treatment. Charges can range from £22.70 to £269.30. [Correct at time of print]
- Charges for NHS dentistry can be claimed back using form HC5(D). This form can be found at your student advice centre.
- Treatment with a private dentist is likely to be more expensive.