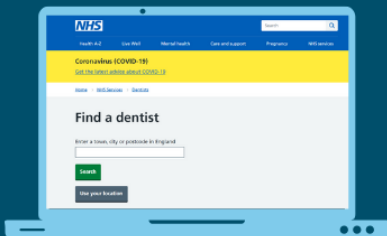


Finding it hard to get a dentist appointment?

Dental practices are recovering from backlogs due to strict hygiene measures to minimise the risk of spreading COVID-19 to patients and staff. The situation is improving but we are hearing that Lincolnshire residents without a regular dentist are still finding it difficult to get an appointment. Read our steps below on accessing NHS dentistry.

1 If you have a dentist you usually visit phone them to make an appointment. Appointments will be available according to your individual situation and dental need. Be prepared to **wait longer** than usual for a routine, non-urgent appointment. You can also **take personal steps** to maintain healthy teeth.

2 Unlike registering at a GP practice, NHS dental practices are available to everyone to attend a course of treatment regardless of where they live. Visit the [NHS Find a Dentist website](#) to search for a dentist in your area. You should also consider **widening your search area** to where you can travel to.



What is Healthwatch Lincolnshire doing about this issue? We regularly monitor the access to NHS dentistry in Lincolnshire sharing our findings with dental commissioners to **influence positive change**.

3 **Is your dental need urgent?** Phone or go [online to NHS 111](#) to check your symptoms and see if you need urgent help. You will be advised if you need to visit your hospital emergency department (A&E) or advised of your nearest NHS dentists providing urgent appointments. The number of urgent appointments available each day is limited. When phoning a dental practice, clearly describe your symptoms, any pain or swelling and the impact it is having on your daily living.



4 If you can't find a dentist for urgent treatment, call [NHS England's Customer Contact Centre](#) on 0300 311 2233 stating your situation. Keep [sharing your experiences with us](#), positive and negative, the more information we have the more we can help.

