Dental health

Take care of your teeth

Keep your teeth and gums as healthy as possible and keep visits to the dentist to a minimum.

How to keep your teeth clean

Brushing twice a day with fluoride toothpaste will help keep your teeth and mouth healthy.

Children's teeth

From brushing their first tooth to the first trip to the dentist, here's how to care for your child's teeth.

Sweets, fizzy drinks and bottles

10 tips for parents on keeping kids' teeth healthy, including cutting out sugary drinks and snacks.

Dental check-ups

How often you may need a check-up, and what to expect when you visit your dentist.

Finding an NHS dentist

How to find an NHS dentist, including where to seek help if you have trouble locating one in your area.

Dental treatments

What can you expect if your dentist recommends treatment on your teeth?

NHS dental charges

This section explains the current NHS dental charges including how to claim refunds.

Help with dental costs

Find out what you are entitled to and how to get help with NHS dental charges.

Braces and orthodontics

Braces can transform your smile. Here are the answers to common questions about braces.

Fear of the dentist

One in four of us dreads a visit to the dentist. Find out how to overcome your fear.
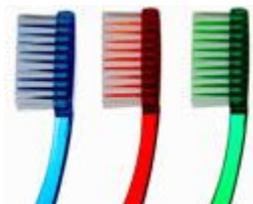
Teeth whitening

Do you want a brighter smile? Here are your questions about tooth whitening answered.

Meet the dental team

Who does what at a dental surgery, from the hygienist to the orthodontist.

Teeth facts and figures

Teeth are vital to our overall health, helping us to bite and chew our food. But how much do you know about them?

Lifestyle tips for healthy teeth

Taking care of your general health, as well as your teeth, is the key to a healthy mouth.

Dental treatment abroad

If you're considering dental treatment abroad, do your research so you know what to expect.

The health risks of gum disease

The state of your teeth affects your overall health as gum disease is linked to health problems elsewhere in the body.