

Your NHS



dental check-up

The dental team will talk to you about when you should have your next check-up.

For adults with healthy teeth and gums, this may be up to **every two years**. Children with healthy teeth and gums will be offered a check-up **once a year**.

If you have any problems with your teeth, gums, or mouth, contact a dental practice and ask to be seen sooner.

Ask us for more information

