

Dental Information for Students

For accidents and emergencies, the Emergency Department (ED) at the John Radcliffe Hospital is free to all and 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 Tel: 01865 741166.

Out-of-hours Dentist

If you have an urgent dental problem outside office hours, please use the free 111 online service: <https://111.nhs.uk/> or call the 111 service. You will be directed to the out-of-hours dentist if your problem is deemed severe.

List of Local Dentists

It is currently very difficult to register with an NHS Dentist in Oxford, so students are advised to continue routine 'check ups' with their home dentist. You can use this website to find a dentist near to you: <https://www.nhs.uk/service-search/other-services/Dentist/LocationSearch/3>

Le Tocq Dentist : Although not an NHS dentist, they usually offer SPC students a financial discount on private charges.

<http://www.gentledentalcare-oxford.co.uk/>

Tel: 01865 557507

St John's Dental Practice 01865 515967: <http://www.stjohndentalpractice.co.uk/> [No.1 Implant oxford - Nhs dentist oxford - Invisalign oxford \(stjohndentalpractice.co.uk\)](#)

BUPA Dental Care Oxford 01865 243702

[Dentist, Orthodontist, Cosmetic | Bupa Dental Care Oxford](#)

Temple Street Dental Practice 01865 922111: [Temple Street Dental Practice - Oxford Dentist - Homepage \(templ dental.co.uk\)](#)

33 Beaumont Street Dental Practice OX1 2NP Tel: 01865 557933

<https://www.33beaumontstreet.com/>

30 Beaumont Street Practice OX1 2NY 01865 552978

[Home - Oxford Dentist](#)

Bupa Diamond House Dental Practice 199 Banbury Road OX2 7AR Tel : 01865 559521

[Bupa Dental Care Summertown | Dentist](#)

42, St Giles Dental Practice OX1 3LW 01865 310368: <http://42stgiles.com/>

Damiradental (previously Studental)

<https://damiradental.co.uk/practice/oxford>

Tel: 01865 689 997

This dental service is located at the Oxford Brookes site. Oxford Brookes University, Headington Campus Colonnade Building Level 2, Headington Rd, Headington, Oxford OX3 0BP Tel: 01865 689997
Opening Hours: Mon-Fri 8am-6pm & a few Saturday mornings. You can book an appointment on-line using the link above.

Drawbacks with the service include: they do not have an on-call service outside office hours, you may not be able to see the same Dentist on each visit and you will have to catch the bus or cycle/walk up a hill to get there. Please leave 15 minutes to locate the dental surgery when you arrive at the Oxford Brookes Campus site, it is within the large Colonnade Building.

Dental Costs

Dental Care for most adults is not free in the UK. However, you can get free dental care if

- You are under 19 and in full-time education; receive certain state benefits
- have an exemption certificate
- or require hospital dental treatment

If you are a student on a low income you can apply for an exemption certificate for free dentistry by completing HC1 form. Please ask the dentist or College Nurse if you'd like to apply or follow this link:

[Apply online for help with NHS costs - Apply online for help with NHS costs - NHSBSA](#)

If you are successful with the HC1 application, you may be able to get dental costs refunded, so keep your dental care receipts.

To check current NHS charges please see: <https://www.nhs.uk/using-the-nhs/nhs-services/dentists/understanding-nhs-dental-charges>

If you are worried about dental costs and are experiencing financial hardship, you can get support from the SPC Finance Officer: Katie Pullen-Rowland (katie.pullen@spc.ox.ac.uk).

Please note that 'teeth whitening' is not available under the NHS services and must be sought privately.

Looking after your Teeth

Brushing You should brush your teeth twice a day for two minutes and 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.

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.

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.

Flossing/Interdental Brushes These aren't just for dislodging food, they 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.

Food & Drink Avoid food & drink containing excess sugar and acid and enjoy plenty of fresh fruit and vegetables.

Dentist Visit a dentist regularly for check-ups and make an appointment with a hygienist if advised.

College Nurse

The College Nurse is in SPC every week day during term time. She is available to discuss any health or welfare matter with students, including dental problems.

<https://outlook.office365.com/owa/calendar/StPetersCollegeNurse@UniOxfordNexus.onmicrosoft.com/bookings/>

SC 4 Rm 3 Ground Floor

spcnurse@nhs.net or kate.tempest@spc.ox.ac.uk