

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

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; getting 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. If you are successful with the HC1 application, you may be able to get dental costs refunded, so it's worth keeping your receipts.

There are NHS and Private dentists locally, the treatments are very similar but the private dentists have higher charges. A dental check-up with an NHS dentist is around £25. To check how much other NHS charges are 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.

Out-of-hours

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 then be directed to the out-of-hours dentist.

Studental

The College Nurse usually signposts students with dental problems to Studental. This is a NHS student dental service 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, it's quick & simple, just hit the blue button:

<http://www.studental.co.uk>

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.

Some student prefer to use a dentist in Oxford to avoid travel to Studental, therefore, you can also use this website to find a dentist near to you:

<https://www.nhs.uk/service-search/other-services/Dentist/LocationSearch/3>

I have included some other dental contact details here:

NHS DENTISTS

St John's Dental Practice 01865 515967: <http://www.stjohndentalpractice.co.uk/>

BUPA Dental Care Oxford 01865 243702: <https://www.bupa.co.uk/dental/dental-care/practices/oxford>

Temple Street Dental Practice 01865 922111: <http://www.templedental.co.uk/>

Request to be seen as an NHS patient as some of these dentists also see private patients & the costs are higher.

Some students use Private Dentists as the wait times for an appointment can be shorter. Students may have personal private insurance to cover dental costs:

Private Dentists

33 Beaumont Street Dental Practice OX1 2NP Tel: 01865 557933
<https://www.33beaumontstreet.com/>

Geekie, Lewis & Du Toit Dental Practice 30 Beaumont Street OX1 2NY Tel: 01865 552978

Diamond House Dental Practice 199 Banbury Road OX2 7AR Tel : 01865 559521
42, St Giles Dental Practice OX1 3LW 01865 310368: <http://42stgiles.com/>

Looking after 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. Clinic sessions are 'Drop-In' so no need for appointment SC 4 Rm 3 Ground Floor or Email spcnurse@nhs.net or kate.tempest@spc.ox.ac.uk