



Dental care and coronavirus (COVID-19)

It is likely that the coronavirus will have an effect on your dental care.

Routine dental check-ups may be cancelled, and ongoing treatment plans may be disrupted. Where and how you access emergency dental treatment could also change.

This page includes advice on how you can access dental care, treatment and advice during the coronavirus pandemic.

If you are suffering with your oral health and need support, we're here to help.

Visiting the dental practice [external link](#)

To help stop the spread of coronavirus, we are advising against all non-urgent dental treatment.

This includes:

- Dental check-ups.
- Preventive treatments such as scale and polish and fluoride varnishes.
- Examinations and x-rays.
- Appointments for braces.
- Cosmetic dental treatment of any kind e.g. tooth whitening.
- Routine denture treatment.
- Treatments on teeth that are not painful e.g. fillings and extractions.

All dental practices have been instructed to stop all routine treatment until further notice.

Some can still be reached on the phone for emergencies and a limited number of practices across the country are centres for urgent dental care only.

These measures have been put in place to reduce the risk of spreading the coronavirus and the risk of cross-infection.

Whenever possible, stay at home and help stop the spread of coronavirus. This includes people of all ages – even if you do not have any symptoms or other health conditions.

Non-necessary dental treatment is not a reason for you to leave the home.



Covid main from The BDA on Vimeo.

More information:

- [Dental Helpline](#)
- [NHS - Coronavirus \(COVID-19\)](#)

Urgent dental care [external link](#)

If you are in pain, bleeding, swelling, or have had an accident and need urgent dental care, please contact your dental practice.

Please do not visit your dental practice without calling them first.

If you are not registered with a dental practice, [you can find a list of the ones closest to you on the NHS website.](#)

Before agreeing to see you, dental practices might need to speak with you on the telephone. This is to check whether you are in good health and do not have any symptoms relating to the coronavirus.

More information:

- [Dental Helpline](#)
- [NHS - Coronavirus \(COVID-19\)](#)

Dental treatment in hospitals and A&E [external link](#)

Dental care for vulnerable people and those with symptoms [external link](#)

Buying oral health products [external link](#)

Top tips for good oral health [external link](#)

To help prevent dental problems from happening during coronavirus, here are some top tips for great oral health.

1. Brush your teeth for two minutes, twice a day with a fluoride toothpaste.
2. The best time to brush is last thing at night, before you go to bed.
3. Cut down on how much sugar you have and how often you have it.
4. Keep sugar consumption to mealtimes. This will reduce the time your teeth are under attack.
5. Use interdental brushes or floss to clean in between the teeth.
6. Use mouthwash daily to remove bad bacteria and keep fresh breath.
7. Sugar-free chewing gum can help produce saliva and neutralise the plaque acids in your mouth.

For more advice, you can also read our latest blog post:

- [COVID-19: our guide to looking after yourselves and others through better oral hygiene](#)

More information:

- [Dental Helpline](#)
- [NHS - Coronavirus \(COVID-19\)](#)

More information and advice [external link](#)

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