

Betsi Cadwaladr University Health Board

Dental Public Statement August 2021

Dental practices across North Wales continue to follow social distancing and COVID infection control measures as put in place by Welsh Government.

These measures are for the safety of patients, staff and the wider community but inevitably reduce the throughput of patients in a dental practice.

Dentists are required to prioritise access to treatment on the basis of clinical need and to provide treatment to urgent and high priority patients. This has meant that recommencement of routine examinations and non-urgent treatment has been delayed.

Patient access to routine dental services will remain limited until cross infection and social distancing protocols are updated and amended by Welsh Government.

We hope the public will be understanding of the current situation and appreciate the concern and frustration that dentists are experiencing at not being able to offer a comprehensive service to their patients.

If you require urgent dental care during normal office hours, you should contact your usual dentist. Outside of normal office hours, or if you don't have a dentist, please contact NHS 111 Wales.



It is important for the public to keep up a good dental hygiene routine to reduce the possibility of tooth decay and gum disease.

Be aware that sugar is the main cause of tooth decay.

The main tips to help keep children's teeth healthy are:

- ❖ Give only healthy low-sugar snacks and plain milk or water to drink between meals.
- ❖ Use a Fluoride-containing toothpaste to help keep teeth strong. For children 0-3 years use a smear of toothpaste containing 1000 ppm fluoride. For children over 3 years old use a pea sized amount of toothpaste containing 1450 ppm fluoride.
- ❖ Don't rinse with water after brushing, just ask your child to spit out the excess toothpaste.
- ❖ Brush your child's teeth last thing before bed and in the morning.
- ❖ Children need help and supervision to brush until they are at least seven years old.

For more tips and advice about keeping children's teeth and gums healthy visit www.designedtosmile.org