Personalised dental check-ups

When should you have your next check-up?

X
MYTH
Everyone needs a check-up every 6 months.
This is not true.

✓
FACT
The right time is different for each person.
Your dental team will advise when to return.

Your next check-up should be based on how healthy your gums and teeth are and the risk of future problems

Your dental team will consider:

1
Your teeth
How healthy they are.

2
Your gums
How healthy they are.

3
Future risk
Your chance of dental problems.

Your next check-up may be:



3 to 6 months
You may need to be seen more often so your oral health can be checked closely.



12 to 24 months
Patients with healthy teeth & gums may be advised to return in up to 24 months.

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A longer wait does not mean you cannot get care
A longer recall interval may mean fewer check-up fees and fewer unnecessary visits.



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ASK
Talk to your dental team
Ask why they have recommended the date of your next check-up



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URGENT
Do not wait if you have pain or swelling
Contact your dental practice or NHS 111 sooner