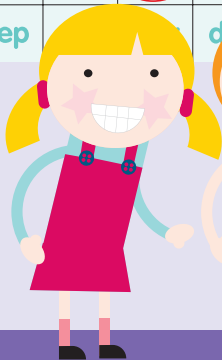


visit your dentist regularly

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teeth.tlc
Tender Loving Care for Teeth

visit: www.teeth.tlc.com
or call the free Healthline: 0500 20 20 30

NHS
Grampian



Don't be a stranger – Visit your dentist regularly.

REGISTER with a dentist. Not all dentists are accepting new NHS patients. You can get information on how to find a dentist by contacting **DIAL**, The Dental Information and Advice Line on **0845 45 65 990** (Monday – Friday, 8.15am – 5.45pm).

REMEMBER! You can register your child as soon as their first tooth appears. Being familiar with the dentist can make your child more comfortable if treatment is needed at a later stage. For more information contact **DIAL**.

ONCE registered, have regular check-ups. Don't put check-ups off – regular visits can mean fewer or no treatments!

YOUR dentist can offer advice on oral hygiene and spot other problems such as gum disease and oral cancer.

So don't be a stranger!

For top tips on how to get a great smile, find a dentist and learn more about Teeth TLC visit: **www.teethtlc.com**
or call the free Healthline: **0500 20 20 30**