

NHS dentists in Hounslow



You are never far from a NHS Dentist around here. Treatment is free for children and adults on certain benefits, and is not as scary as you think!

Making Hounslow Healthier



It's not as scary as you think!

Some people are scared of dentists and so don't go to appointments. NHS dentists are sympathetic, and can help you overcome your anxiety.

There's nothing to be afraid of. Your NHS dentist will assess the state of your oral health by looking at your teeth and gums. Should you require treatment, they will explain what is involved and how much it will cost, and they will also give you some hints and tips to help you avoid problems in the future. They will tell you how often you need to visit for check-ups, which may not be every year, and they will also advise you how to keep teeth and gums healthy between visits.

You will be able to have all treatment provided under the NHS that your dentist feels is clinically necessary in order to keep your teeth, gums and mouth healthy. If your dentist says that you need a particular type of treatment, it will be provided for you on the NHS.

If you find you are no longer able to make your appointment, please give your dentist as much notice as possible.

If you are anxious about seeing a dentist there are ways to help you, including relaxation techniques and sedation. Please tell the dentist you are nervous when you make your appointment



It's affordable

NHS treatment is free if, when the treatment starts, you are:

- Aged under 18
- Aged under 19 and in full-time education
- Pregnant, or a mother who's given birth in the last 12 months
- Staying at an NHS hospital where your doctor is the hospital dentist
- Receiving state benefits (see nhs.uk for more information)

If you're not exempt, you might still be eligible to receive help with NHS dental costs. For more information, please contact your Job Centre Plus office.

For adults who do pay for their dental treatment there are three standard charges*:

Band 1 £16.50 – examination, diagnosis, preventative care

Band 2 £45.60 – fillings, root canal treatment, extractions

Band 3 £198.00 – crowns, dentures, bridges, complex procedures

If you are unsure what your treatment will cost, please call NHS Direct for advice.

To find out more call the health costs advice line on 0845 610 1166.

*correct at time of print

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Useful numbers

NHS Direct:

0845 46 47

NHS Hounslow:

0800 953 0676

Out of hours dental line:

020 3402 1312

Health Costs Advice Line:

0845 610 1166

Smokefree Hounslow:

0845 111 0155

If you are in pain and need emergency dental treatment in the evenings, weekend or on a bank holiday please call: 020 3402 1312.

The Out of Hours dental line is available between 6pm and 10pm weekdays and between 9am and 10pm at weekends and bank holidays. You will be assessed over the phone.



Find a dentist near you:

Gentle Dental Care	244 High Street, Feltham TW13 4HX 020 8890 8686
Hamilton Dental Care	8 Hamilton Parade, Feltham Hill Road, Feltham TW13 4PJ 020 8707 9088
Airman Dental Practice	88 Harlington Road East, Feltham TW13 5BN 020 8890 2746
Toothkind Dental Care	229 Hounslow Road, Hanworth TW13 6AD 020 8894 6591
The Mount Dental Practice	233 Hounslow Road, Hanworth TW13 6AD 020 8894 3933
Apex Dental Surgery	200 Hampton Road West, Hanworth TW13 6BG 020 8894 5363
Feltham Dental Care	129A Harlington Road West, Feltham TW14 0JG 020 8890 2088
Bedfont Green Dental Practice	522 Staines Road, Feltham TW14 8DF 020 8890 3161
Bedfont Green Dental Practice	522 Staines Road, Feltham TW14 8DF 020 8890 3161
Feltham Park Dental Practice	56A Hounslow Road, Feltham TW14 9DG 020 8890 2792
Care Dental Aesthetics	4 Cressy's Corner Lampton Road, Hounslow TW3 1HA 020 8570 8508
High Street Dental Practice	148-150 High Street, Hounslow TW3 1LR 020 8572 6611
Advance Dental Care	100 High Street, Hounslow TW3 1NH 020 8754 3910
DNA Healthcare	14 Kingsley Road, Hounslow TW3 1NP 020 577 3038
T H Irani Associate	114 Whitton Road, Hounslow TW3 2EP 020 8894 4924
CareDental SmileStudios	305 Bath Road, Hounslow TW3 3DB 020 8570 2526
T. J. Want	30 Bath Road, Hounslow TW3 3EB 020 8570 5766
SK Dental	234 Staines Road Hounslow TW3 3LR 020 8570 0505
Ortho Smile Hounslow	230 Staines Road, Hounslow TW3 3LR 020 8814 1422
Family Dental Practice	61 Lampton Road, Hounslow TW3 4DH 020 8572 2076



Toothsome Dental Care	61 Vicarage Farm Road, Heston TW3 4NH 020 8570 2280
Berkeley Dental Practice	59 Berkeley Avenue, Cranford TW4 6LE 020 8897 8551
A.K. Jain	300A Bath Road, Hounslow TW4 7DN 020 8570 0062
Ghuri Dental Surgery - Heston	113 Vicarage Farm Road, Heston TW5 0AA 020 8570 0435
Badenhurst & Jessa Practice	236-238 Vicarage Farm Road, Heston TW5 0DP 020 8570 2297
Ubhi K and Partners	164 Heston Road, Heston TW5 0QU 020 8577 2206
Dental Care	766 Bath Road, Cranford TW5 9TY 020 8564 9994
Armytage Dental Surgery	734A Bath Road, Cranford TW5 9TY 020 8897 1319
Oakleigh House Dental Surgery	567 London Road, Isleworth TW7 4EJ 020 8560 4623
Osterley Dental Practice	153 Thornbury Road, Osterley TW7 4QG 020 8569 7744
Bridge Dental Practice	14 St Johns Road, Isleworth TW7 6NN 020 8560 1544
Bright Smile Dental Care	41 South Street, Isleworth TW7 7AA 020 8569 8081
Perfect Smile	Unit EC-2, 6 Ferry Lane, Brentford TW8 0BP 020 8569 8533
Albany Dental Practice	17 Albany Parade High Street, Brentford TW8 0JW 020 8560 5351
The Butts Dental Practice	10 Boston Manor Road, Brentford TW8 8DL 020 8560 2583
Convent Way Dental Centre	283 Convent Way, Southall UB2 5UL 020 8893 6825
Wisdom Dental Surgery	11 The Broadway, Gunnersbury Lane, Acton W3 8HR 020 8993 2601
West London Dental Centre - Chiswick HC	Chiswick Health Centre, Fishers Lane, Chiswick W4 1RX 020 8994 6202
Chiswick Dental Practice	8 Chiswick Terrace, Acton Lane, London W4 5LY 020 8995 1441
Strand on The Green Dental Practice	60 Thames Road, Chiswick W4 3RE 020 8995 0298
West London Dental Centre - Burlington Road	31 Burlington Road, Chiswick W4 4BH 020 8994 3088



Look after your teeth and gums

Going to the dentist regularly means your dentist can find problems with your teeth and gums early.

Keep your teeth and gums healthy by:

- brushing your teeth for at least two minutes, twice a day
- not pushing too hard on your toothbrush. Brushing hard can damage your gums and teeth
- using fluoride toothpaste
- spit it out after brushing and do not rinse your mouth after
- flossing every day
- limiting the amount of sugary and/or acidic food and drinks you have

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David's story

David, 55, is an IT professional who lives in Hounslow.

David used the NHS Hounslow emergency dental service before registering with Bridge Dental Practice in Isleworth.

David says

"I hadn't been to the dentist for years, but had been thinking about seeing one. This all changed when I broke a crown eating dinner.

It was handy that a few days earlier I had received a leaflet through my letterbox about NHS dentist in Hounslow. So I called the emergency dental number and got an appointment that night.

I was worried about the cost but I only had to pay £16.50, even though I needed a complicated treatment. In fact, the dentist explained the maximum cost on the NHS was around £200.

My NHS dentist told me that my teeth were generally healthy and I didn't need to see him again for 12 months."

Find out more about NHS Dentists in Hounslow here <http://www.hounslowpct.nhs.uk/Dentist.html> or call 0800 953 0676.

If you need a dentist at weekends or in the evening call 020 3402 1312.

Language support

if you need help in translation of this Guide then please call: 020 8583 2299

ਜੇ ਤੁਹਾਨੂੰ ਇਸ ਪਰਚੇ ਦਾ ਪੰਜਾਬੀ ਵਿਚ ਤਰਜਮਾ ਚਾਹੀਦਾ ਹੋਵੇ, ਤਾਂ
ਵਿਰਧਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ ਫ਼ੋਨ ਕਰੋ: **020 8583 2299**

إذا رغبت بالمساعدة لترجمة هذا المنشور الرجاء الاتصال على **020 8583 2299**

এই প্রচারপত্রের জন্য আপনার অনুবাদের সাহায্য দরকার হলে **020 8583 2299** নম্বরে টেলিফোন করুন

تماس بگیرید. اگر شما برای ترجمه این نشریه به کمک نیاز دارید لطفاً با شماره **020 8583 2299**

ਜੇ ਤਮਨੇ ਆ ਪਤਰਿਕਾਨੂੰ ਆਖਾਂਤਰ ਮਾਟੇ ਮਦਦ ਜ਼ੋਠੀ ਭੋਯੇ ਤੋ, ਫ਼ੁਪਯਾ ਫ਼ੋਨ ਕਰੋ: **020 8583 2299**

यदि आपको इस पत्रिका के अनुवाद के लिए मदद चाहिए तो कृपया

020 8583 2299 पर फोन करें।

Je_li powy_sza broszura wymagana jest w innej wersji j_zykowej, prosimy o kontakt na numer **020 8583 2299**

پریلیفون کریں - **020 8583 2299** اگر آپ کو لیفلٹ سمجھنے میں مدد درکار ہو تو برائے کرم فون نمبر

Haddii aad doonaysid in lagaa caawimo tarjumaada liifletkan fadlan
soo wac **020 8583 2299**

NHS Hounslow

Your local branch of the NHS.

We are dedicated to making
Hounslow healthier by:

- looking at the health needs of our residents
- planning services to meet their needs
- buying (commissioning) health services for our residents
- helping Hounslow residents to improve their health and to stay healthy

call 0800 953 0676

email pals@hounslowpct.nhs.uk

website www.hounslowpct.nhs.uk

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