

Glenside Dental Practice

Healthy habits. Healthy smiles.

Our aim is to keep you healthy for life.

NICE GUIDELINES

RECALL GUIDELINES

Your dentist assigns you a recall interval based on your individual risk.



2 MINUTES

Brush for at least two minutes.
Spit out excess toothpaste, don't rinse with water or mouthwash.



2X DAILY

Brush your teeth twice a day, last thing at night and on one other occasion.



1450 PPM FLUORIDE

Use a toothpaste that contains 1350–1450 ppm of fluoride.



CLEAN IN BETWEEN YOUR TEETH

Clean in between your teeth at least once a day, using floss or interdental brushes to reach the areas missed by tooth brushing.



WHAT ARE RECALL INTERVALS?

Recall intervals tell you **when you are due for your next dental check-up**. They are based on NICE guidance and are tailored to you. Your dentist assesses your risk of disease and how quickly problems could develop. Regular check-ups help us prevent disease, detect problems early and keep you smiling for longer



WE ASSESS YOUR RISK FOR:



GUM DISEASE

Includes inflammation of the gums and supporting bone (periodontal disease).

Factors: bleeding gums, gum pockets, bone loss, plaque levels, smoking, diabetes, genetics.



TOOTH SURFACE LOSS

Wear of teeth due to tooth grinding (bruxism), acid erosion, diet or ageing.

Factors: wear patterns, acidic diet/drinks, reflux, grinding, medications.



TOOTH DECAY (CARIES)

Risk of new cavities developing.

Factors: past decay, sugary diet, oral hygiene, fluoride use, dry mouth, medications, frequent snacking.



MOUTH CANCER

Risk factors for mouth cancer.

Factors: smoking, alcohol, HPV, sun exposure, age, family history, persistent sores or lumps.



MEDICAL HISTORY

Certain medical conditions and medications can increase your risk.

Factors: diabetes, osteoporosis, immunosuppression, medications causing dry mouth, etc.

YOUR RECALL INTERVAL

RISK LEVEL	RECALL INTERVAL	WHAT THIS MEANS
HIGH RISK Higher chance of disease developing or progressing.	3 – 4 MONTHS More frequent check-ups to monitor and manage your oral health.	• Closer monitoring of your oral health • Preventive treatment and advice as needed • Earlier detection and management of any problems
MEDIUM RISK Moderate chance of disease developing or progressing.	6 – 12 MONTHS Regular check-ups to maintain your oral health.	• Regular monitoring of your oral health • Personalised advice to reduce your risk • Review of any areas that need monitoring
LOW RISK Lower chance of disease developing or progressing.	12 – 24 MONTHS Less frequent check-ups when your oral health is stable	• Maintain your good oral health • Continue healthy habits at home • Your recall interval will be reviewed if anything changes



IMPORTANT TO REMEMBER

Your recall interval is personalised to you and may change over time. **If you have pain, swelling, bleeding, a loose tooth, or anything else that concerns you, please contact us rather than waiting for your next check-up.**