

My Planned Care Patient Information Platform

Restorative Dentistry – Waiting well

Introduction

Restorative Dentistry provides specialist care and advice in the rehabilitation of oral function and dento-facial appearance. Priority patient groups which are treated include those recovering from oral cancer, those born with dental genetic conditions or have oral defects (e.g. cleft palate) and those subject to significant trauma. Specialist Prosthodontic, Periodontic, Endodontic and Operative Dentistry treatment may be provided for priority patient groups. These include developmental defects, head and neck oncology and severe head and neck trauma. Conditions treated are:

- Cleft lip and palate: a condition resulting in a localised failure of the lip, palate and dental tissues to develop. Reconstruction of the dental tissues after cleft surgery and orthodontics.
- Congenitally missing teeth (Hypodontia): a condition in which some or all of the teeth and supporting tissues fail to develop and grow. Reconstruction will often require a combined orthodontic and restorative treatment approach.
- Dental and facial trauma: reconstruction of the oral and dental tissues following loss through significant accidental injury. Reconstruction may require a combined maxillofacial surgery, orthodontic and restorative treatment approach.
- Endodontic (root canal) problems: Advice and opinion if out-with the scope of general dental practice, including tooth root surgery. Please note we cannot offer specialist endodontic treatment but can offer advice and treatment planning guidance.
- Head and neck cancer: reconstruction of the oral and dental tissues after cancer surgery and radiotherapy.
- Missing and broken-down teeth: where specialist advice or treatment planning is required to restore appearance and function.
- Oro-facial pain: a range of conditions resulting in discomfort in the dental or jaw tissues. Investigation, and diagnosis.
- Periodontal (Gum) disease: a range of diseases of the gum and bone supporting the teeth. Diagnosis, advice and provision of treatment for susceptible individuals that fall within the Tier 2/3 categories of Restorative Care.
- Tooth wear: damage to the teeth caused by tooth grinding, acid erosion or other causes. Where specialist advice or treatment planning is required to restore appearance and function.

If you are on the waiting list to be seen by a Restorative Dentist, there are some things you can do in the intervening period to keep yourself well.

Guidance for Patients

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The contents of this information has been reviewed and approved by the Surgery Division Executive Group of University Hospitals Bristol and Weston NHS FT

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Whilst you are waiting for your appointment, we would recommend that you continue to see your dentist for all your dental needs until your consultation, brush your teeth for 2 minutes at least twice a day using a fluoride toothpaste, eating a healthy diet that is not high in sugar, and if you smoke try to stop using the support that works best for you such as online, through your GP or stop smoking services.

We would particularly recommend following the advice on keeping yourself well whilst waiting,

<https://www.sugarsmartuk.org>

<https://www.nhs.uk/live-well/quit-smoking>

[Oral Health Foundation \(dentalhealth.org\)](http://dentalhealth.org)

Other good sources of information include

- Restorative Dentistry UK: [What is Restorative Dentistry - Restorative Dentistry-UK \(RD-UK\) - SSRDG \(restdent.org.uk\)](http://restdent.org.uk)

There is lots of information available on taking care of your gums, such as the impact of eating well, exercise and lifestyle changes on the following links:

- NHS Live Well: [Take care of your teeth and gums - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- Oral Health Foundation: [Caring for my teeth and gums - Oral Health Foundation \(dentalhealth.org\)](http://dentalhealth.org)

What should I do if my health is deteriorating?

Dental Practices are still open

Please contact your Dental Practice for advice if you feel your condition is deteriorating.

Dental Practices are still open but may be working differently to how they did before the COVID-19 pandemic.

Dental Practices can contact the Restorative Dentistry department for advice if needed.

Urgent Health Advice

For urgent health advice about physical or mental health, , including for dental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

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