

Nurse led acclimatisation sessions

Information for patients and carers

Many of our patients have dental anxiety or sensory difficulties that make accepting dental treatment difficult.

Sometimes the dentist may suggest a visit to one of our nurse-led clinics. This is sometimes called acclimatisation.

These visits can help our patients feel more comfortable in the dental surgery. We hope that we can increase patient confidence and create a positive dental experience.

These visits provide a more relaxed environment for our patients to get to know our team and for them to deliver advice about looking after your teeth.

Things that we can offer during these sessions:

- Show patients around the dental surgery
- Give toothbrushing instruction and diet advice
- Show patients some of the instruments that we use
- Prepare for future treatment
- Take x-rays (if requested by the dentist)
- Apply fluoride varnish (if requested by the dentist)

Things that nurses cannot do:

- Diagnose dental problems
- Take x-rays that have **not** been requested by a dentist
- Apply fluoride varnish that has **not** been requested by a dentist

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If our dental nurses detect a problem with a patient's teeth, that hasn't already been noted by a dentist, they may arrange another appointment to discuss with one of our dentists.

We continually look for ways to improve these sessions for our patients, all feedback so far suggests that they have been well received, and patients would recommend this service to friends or family.

Opening hours:

Monday - Thursday 8.30am - 5.00pm

Friday 8.30am - 4.30pm

St Catherine's Health Centre Dental Clinic

0151 514 6420

Victoria Central Health Centre Dental Clinic

0151 514 6266

Out of Hours:

Out of Hours Service 111

Revive Dental Care

0161 476 9651

If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email wcnt.yourexperience@nhs.net

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