

# Looking for an NHS dentist?



**Fewer than half of adults in Croydon, and only two thirds of children, have visited an NHS dentist in the past two years. And that's despite a record number of dentists in the borough – 165 in 53 practices.**

**Most of the children not registered with a dentist live in the Thornton Heath, Norbury, South Norwood and Upper Norwood areas in the north of the borough. There, twice as many children have dental decay compared with children in Purley and Coulsdon in the south.**

Dr Ray Cross and Ruth Lovering of NHS Croydon's Dental Services have come up with **3 Steps to a Healthy Mouth:**

→ **Eating a well-balanced diet** – restricting sugar intake to meal times and avoiding sweetened or acidic fruit juices between meals.



→ **Brushing your teeth twice a day** – using a fluoride-based toothpaste (just a pea-size blob for young children). This keeps teeth and gums looking healthy but on its own doesn't prevent decay.

→ **Visiting the dentist for regular check-ups and advice** – under the NHS, check-ups and treatment are free for all children under 16, and many adults are also exempt from charges. Adults who do pay, pay one of three standard charges depending on the treatment they need: that's £16.50, £45.60 or £198.00. Full details are in the leaflet, 'NHS Dental Services in England', available from dental practices and online at [www.croydon.nhs.uk](http://www.croydon.nhs.uk).

NHS Croydon (the new name for Croydon Primary Care Trust) has nearly 40 NHS dental practices ready and waiting to take on new patients – see *list below*.



So if you are one of the 125,000 adults and 25,000 children in Croydon who are unnecessarily putting your teeth and gums at risk by not going to the dentist...

**Don't delay, make an appointment today!**

## Dental practices in Croydon currently accepting new NHS patients

### Coulsdon

Associated Dental Practices  
48 Chipstead Valley Road  
Coulsdon CR5 2RA  
☎ 020 8668 6870

Jim Morrison & Associates  
72 Brighton Road  
Coulsdon CR5 2BB  
☎ 020 8660 3308

**Croydon – Central**  
Croydon Dental Care  
60-62 Church Street  
Croydon CR0 1RB  
☎ 020 8686 6222

George Street Dental Practice  
38a George Street  
Croydon CR0 1PB  
☎ 020 8688 1311

Park Lane Dental  
98 Park Lane  
Croydon CR0 1JB  
☎ 020 8688 8877

**Croydon – East**  
Addiscombe Dental Surgery  
80 Lower Addiscombe Road  
Croydon CR0 6AB  
☎ 020 8654 1580

A/S Dental  
69 Addiscombe Road  
Croydon CR0 6SE  
☎ 020 8688 2000

Ian S Duthie & Associates  
357 Addiscombe Road  
Croydon CR0 7LG  
☎ 020 8656 8977

Orchard Dental Practice  
146 Cherry Orchard Road  
Croydon CR0 6BB  
☎ 020 8686 3010

Smile Dental Practice  
79 Addiscombe Road  
Croydon CR0 6SE  
☎ 020 8649 7911

### Croydon – North

Gentle Dental Care  
29A Whitehorse Road  
Croydon CR0 2JH  
☎ 020 8684 4441

**Croydon – South**  
BlueDental  
456 Brighton Road  
South Croydon CR2 6AP  
☎ 020 8668 9400

Brighton Road Dental Practice  
352 Brighton Road  
South Croydon CR2 6AL  
☎ 020 8688 8883

Heathfield Dental Clinic  
80 Heathfield Road  
Croydon CR0 1EW  
☎ 020 8688 4818

Oaktree Dental Practice  
303 Brighton Road  
South Croydon CR2 6EQ  
☎ 020 8680 4645

Purley Whites Dental Care  
143 Haling Park Road  
South Croydon CR2 6NN  
☎ 0808 155 5251

The McCarthy Dental Practice  
220 Brighton Road  
South Croydon CR2 6AH  
☎ 020 8688 9797

**Croydon – West**  
London Road Dental Centre  
227 London Road, Croydon CR0 2RL  
☎ 020 8684 1928

West Croydon Dental Practice  
7 Derby Road, Croydon CR0 3SE  
☎ 020 8688 9985

**New Addington**  
Dental Practice  
5 Salcot Crescent  
New Addington CR0 0JG  
☎ 01689 845222

### Norbury

Jazz Dental  
1172 London Road  
Norbury SW16 4DP  
☎ 020 8764 7624

Minty Pearls Dental Practice  
1490-1492 London Road  
Norbury SW16 4BT  
☎ 020 8764 7888

Norbury Dental Practice  
1181 London Road  
Norbury SW16 4UY  
☎ 020 8764 1417

**Purley**  
Confidential Clinic  
22 Brighton Road, Purley CR8 3AD  
☎ 020 8660 8923

Labourdonnais Dental Care  
22 Pampisford Road  
Purley CR8 2NE  
☎ 020 8660 2928

**Selsdon**  
Ramani Dental Practice  
167 Selsdon Park Road  
South Croydon CR2 8JJ  
☎ 020 8651 0444

**Shirley**  
Bywood Dental Practice  
8 Bywood Avenue, Shirley CR0 7RA  
☎ 020 8655 1713

Gentle Dental Care  
132 Wickham Road, Shirley CR0 8BE  
☎ 020 8655 1118

**South Norwood**  
Dental Practice  
233 Selhurst Road  
South Norwood SE25 6XP  
☎ 020 8653 6068

Family Dental Practice  
262 Portland Road  
South Norwood SE25 4SL  
☎ 020 8654 1434

Lancaster House Dental Practice  
7 Lancaster Road  
South Norwood SE25 4BJ  
☎ 020 8771 2020

**Thornton Heath**  
Arcades Dental Practice  
35 Parchmore Road  
Thornton Heath CR7 8LY  
☎ 020 8653 1682

Brigstock Road Dental Practice  
97 Brigstock Road  
Thornton Heath CR7 7JL  
☎ 020 8689 6171

Linden Lodge Dental Practice  
519 London Road  
Thornton Heath CR7 6AR  
☎ 020 8683 2306

Thornton Health Dental Practice  
230 Brigstock Road  
Thornton Heath CR7 7JD  
☎ 020 8684 1830

Warwick Gardens Dental Practice  
1 Warwick Gardens  
Thornton Heath CR7 7NA  
☎ 020 8684 7369

**Upper Norwood**  
Beulah Hill Dental Surgery  
1 Beulah Hill  
Upper Norwood SE19 3LQ  
☎ 020 8653 3545

Crystal Palace Dental Practice  
88 Westow Hill  
Upper Norwood SE19 1SB  
☎ 020 8761 6252

**For any further information about NHS dentists in your area, please contact the PCT's 'Find a Dentist' service on 0300 1000 899.**