



University of Dundee

Dental Health Access When Using Drugs

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DENTAL HEALTH ACCESS WHEN USING DRUGS





"EVEN AS A TEENAGER I WAS IN TO ALL SORTS."







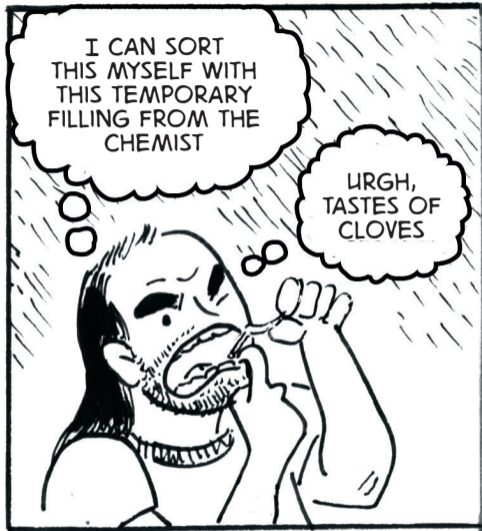
"LATER ON I GOT SERIOUSLY INTO DRUGS AND DIDN'T NOTICE TOOTHACHE THAT MUCH."

"I ONLY THOUGHT ABOUT DRUGS."



"EVENTUALLY I STARTED TO NOTICE THE TOOTHACHE AGAIN."





"ONE BAD EXPERIENCE
CAN PUT YOU OFF."



THERE IS
A CHARGE FOR
MISSING YOUR LAST
APPOINTMENT!



Dental Anxiety Questionnaire

Lots of people worry about going to the dentist. You can pull out this questionnaire, take it with you to your appointment and give it to the dentist.

CAN YOU TELL US HOW ANXIOUS YOU GET, IF AT ALL, WITH YOUR DENTAL VISIT?

PLEASE INDICATE BY INSERTING 'X' IN THE APPROPRIATE BOX

1. If you went to your Dentist for TREATMENT TOMORROW, how would you feel?

Not Anxious Slightly Anxious Fairly Anxious Very Anxious Extremely Anxious

2. If you were sitting in the WAITING ROOM (waiting for treatment),
how would you feel?

Not Anxious Slightly Anxious Fairly Anxious Very Anxious Extremely Anxious

3. If you were about to have a TOOTH DRILLED, how would you feel?

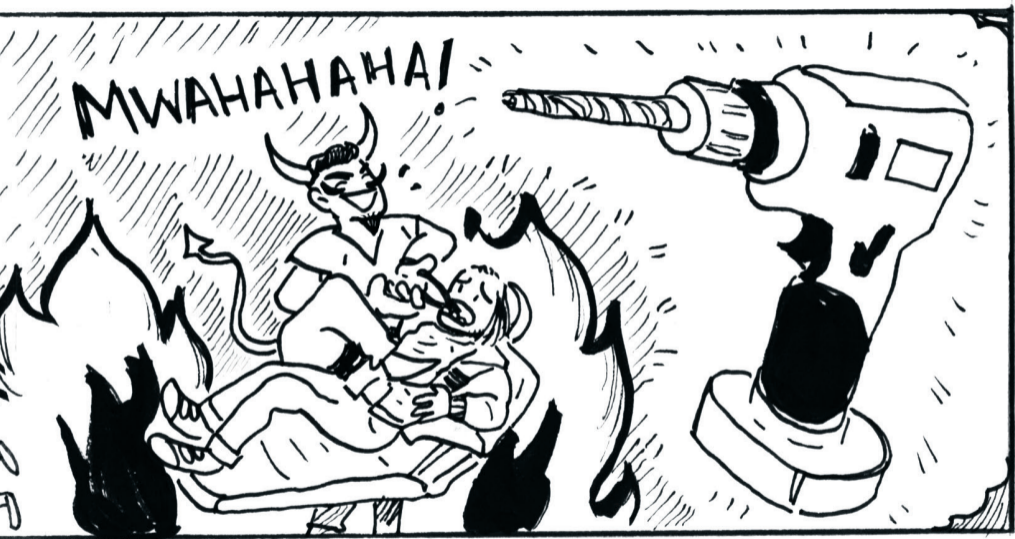
Not Anxious Slightly Anxious Fairly Anxious Very Anxious Extremely Anxious

4. If you were about to have your TEETH SCALED AND POLISHED, how would you feel?

Not Anxious Slightly Anxious Fairly Anxious Very Anxious Extremely Anxious

5. If you were about to have a LOCAL ANAESTHETIC INJECTION in your gum, above an upper back tooth, how would you feel?

Not Anxious Slightly Anxious Fairly Anxious Very Anxious Extremely Anxious



I THOUGHT THAT THE ANAESTHETIC MIGHT HAVE LITTLE EFFECT BECAUSE OF MY ADDICTION BUT THAT'S NOT THE CASE. WHAT PAINKILLERS ARE BEST FOR TOOTHACHE?



SAFE PAINKILLERS ARE IBUPROFEN AND PARACETAMOL, BUT MAKE SURE TO USE THEM WITHIN RECOMMENDED LIMITS.



"SO WHAT ARE THE OPTIONS FOR DENTAL HEALTH?"



SUPPORT WORKER



ACCESS CENTRE

YOU'RE ANXIOUS ENOUGH GOING TO THE DENTIST BUT IT CAN BE MADE EASIER



"MUSIC OR A BOOK CAN HELP WITH THE ANXIETY OF PUBLIC TRANSPORT AND IT STOPS YOU THINKING ABOUT THE DENTIST FOR A BIT!"



"YOU CAN WEAR THEM AT THE DENTIST TOO - NO DRILL NOISE!"



"THE STAFF ARE USUALLY REALLY SUPPORTIVE AND HELPFUL."

HIYA!!

RECEPTION

REMEMBER TO USE SAFE PAIN RELIEF - PARACETAMOL AND IBUPROFEN!

AND THERE IS INFORMATION AND SUPPORT OUT THERE!

Finding a new dentist:

You can use the **NHS Inform** website www.nhsinform.scot or call and ask for help locating a dentist on **0800 22 44 88**

Dental Emergencies:

If you have a dental emergency during the day and you are registered with a dentist, you should contact your dentist directly. If you are not registered you can call **NHS Inform** on **0800 22 44 88** and ask for details of your local dental advice line. The dental advice line will be able to help you to get treatment. Outside of normal working hours you should call **NHS 24** on **111**.

This comic was co-designed and co-produced through collaboration with **University of Dundee**, **NHS Fife** and **Scottish Drugs Forum (SDF)**. Funding was provided by the Corra Foundation. With special thanks to the SDF Dundee Peer Research group for informing the design and sharing their oral health related experience.

Artwork by Olivia Hicks.

Also available:



**University
of Dundee**

For more information on the project go to *OHIPED Scotland* or the *Scottish Centre for Comics Studies*' websites.
