

Contact us

Community Dental Service
St George's Centre
St George's Road
Middleton
Leeds LS10 4UZ

Phone: **0113 392 9875**

Opening hours: 8.30am - 12.30pm, 1.15 - 4.45pm
Monday - Friday (excluding bank holidays)

Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email lch.pet@nhs.net

We can make this information available in Braille, large print, audio or other languages on request.

Community Dental Service

Important information for patients with cold sores



The herpes simplex virus type 1 (HSV-1) is a common and highly infectious virus which causes cold sores. The virus can be easily transmitted through contact with the cold sore and infected saliva.

People carrying the herpes virus usually only suffer outbreaks of cold sores when ill, stressed or following exposure to the sun. The most infectious stage of a cold sore is when it is a blister or if it is broken open or bleeding.

Routine dental treatment

Guidelines are in place to ensure the risk of spread of infection is kept to a minimum. All dental staff are aware of the guidance of treating patients with HSV-1 and have a duty to prevent and control infections.

HSV-1 is easily spread e.g. by stretching of the mouth during dental treatment which can irritate the condition and cause the breakdown of blisters and bleeding. The virus can then be easily spread to other areas of skin or eyes, even surviving outside the body on door handles and surfaces for several hours. To eliminate the risk to both dental patients and dental staff, it is recommended that appointments for routine dental treatment are rebooked after the cold sore has completely disappeared.

Emergency / urgent dental treatment

A patient requiring emergency dental care should not be denied it, but until the cold sore is healed, the dental team should take care to prevent the spread of the virus.

As with all dental treatment, dental staff are required to wear appropriate protective clothing (masks, gloves, glasses and disposable aprons) to reduce the risk of cross infection. They also carry out routine clinic cleaning, including wiping of door handles and surfaces etc, before and after each patient.

Key points

- Cold sores are highly infectious and easily transmitted
- If you have a cold sore please contact the dental clinic to rebook your appointment
- Do not attend the dental surgery until after the cold sore has completely disappeared
- Patients requiring emergency dental treatment will still be seen but we ask that you inform the clinic of your cold sore
- If you have any questions or concerns relating to HSV-1 please contact the dental clinic as soon as possible.



Dental clinic contact numbers

- Middleton Health Centre..... Tel: 0113 207 7064
- The Reginald Centre Tel: 0113 843 4333
- Yeadon Health Centre..... Tel: 0113 843 5613