

# All you need to know about Ametop hand cream

Information for your safe and  
comfortable treatment

## Call centre opening hours

**Monday - Thursday**  
8.30am - 5.00pm

**Friday**  
8.30am - 4.30pm

**Tel: 0333 405 0290**

**(Smile:Together)**

Tackling oral health inequality for  
healthier happier communities



1

For effective use please keep the Ametop cream in the fridge until just before your appointment.



2

Place half a tube of the Ametop cream onto the back of each hand 45 MINUTES BEFORE your appointment.



3

Place a special plaster on each hand and peel off the green grid, leaving the clear film behind.



4

If it is a cold day you will need to wear a pair of gloves to keep the hands warm.

T: 0333 405 0290

W: [www.smiletogether.co.uk](http://www.smiletogether.co.uk)

E: [smile.together@nhs.net](mailto:smile.together@nhs.net)

Smile Together

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