

Teenager | Rakatahi Dental Care Providers

School Year 9 until 18th Birthday



In Aotearoa New Zealand, free routine dental care is available for all eligible teenagers/rakatahi every year until their 18th birthday, even if they have left school.

In the Southern region, their free dental care transfers from the Community Oral Health Service to a participating local dental provider at the start of school year 9.

How Is Free Dental Care Provided?

At the end of school year 8, the Community Oral Health Service will support you and your teenager/rakatahi to transfer to a participating local dental provider. This is a dentist, oral health therapist or dental therapist who is approved to provide free dental care on behalf of Health New Zealand | Te Whatu Ora.

Once your teenager/rakatahi has transferred to a local dental provider, they are released from the Community Oral Health Service. This means you and your teenager /rakatahi take up responsibility to arrange and attend their appointments.

You and your teenager/rakatahi can choose which dentist or therapist they would like to enrol with from the list provided on the next page. They are also able to change to another listed provider at any time and do not need to let us know.

***Please note - only the listed dental practices are able to provide this routine dental care free of charge**

Important Things To Know

- Routine dental care is free for all eligible teenagers/rakatahi until they turn 18 even if they have left school
- Only the listed dental practices are able to provide this free routine dental care
- Some of the listed dental practices may only enrol your teenager/rakatahi if other members of your family/whānau are already enrolled with that practice
- We make every effort to ensure this list is up-to-date, however some practices may not be taking on new patients if they have reached their maximum patient number

For More Information



Please contact the Community Oral Health Service or visit the website at:
https://info.health.nz/services-support/dental-care/dental-care-for-rangatahi

Health New Zealand
Te Whatu Ora
Community Oral Health Service

Southern: 0800 672 543
community.oralhealth@southerndhb.govt.nz
Updated July 2025

Talkteeth Southern

Dunedin Area

Teenager | Rakatahi Dental Providers

Bell Hill Dental Centre	03 477 8387	Queens Building 109 Princes Street, Central Dunedin
Cap Dental Ltd - Claire Poulter	03 477 0900 admin@capdental.co.nz	Level 3 Burns House 10 George Street, Central Dunedin
Dunbar Wilson Dental	03 477 9765 smile@dunbarwilson.co.nz	55 Crawford Street, Central Dunedin
Dental Care Dunedin	03 477 8751 hello@dunedindentalcare.nz	504 George Street, Central Dunedin
Gentle Dental	03 477 6071 info@gentdent.co.nz	Level 5 Burns House 10 George Street, Central Dunedin
Lumino the Dentist - Pitt Street	03 477 0039 pittstreet@lumino.co.nz	10 Pitt Street, Central Dunedin
Lumino the Dentist - Knox Dental	03 477 1179 georgestreet@lumino.co.nz	483 George Street, Central Dunedin
McClea & Green Dental	03 477 1783	Level 7 Burns House 10 George Street, Central Dunedin
Smart Dental Care	03 453 5223 info@smartdental.co.nz	161A High Street, Central Dunedin
Smile Co. Dental Dunedin	03 477 7993 reception@smilecodental.nz	373 Princes Street, Central Dunedin
Synergy Dental	03 477 1447 hello@synergydental.co.nz	Level 7 John Wickliffe House 8 Water Street, Central Dunedin
University of Otago Faculty of Dentistry	03 479 8889 dental.clinicaladministration@otago.ac.nz	310 Great King Street, Central Dunedin
Oral Health Therapy Clinic Faculty of Dentistry, University of Otago	03 479 7189 dentaltherapyclinic@otago.ac.nz	310 Great King Street, Central Dunedin
Gardens Dental	03 473 0144 reception@gardens-dental.co.nz	26 Bank Street, North East Valley
Dentistry on Musselburgh	03 455 0621 office@dentistdunedin.co.nz	84 Musselburgh Rise, Musselburgh
Kaikorai Dental Surgery	03 466 7043	19 Nairn Street, Kaikorai
McInnes Dental	03 455 7702	152 Forbury Road, St Clair
Mornington Dental	03 453 4000 jane-anne@morningtondentist.co.nz	27 Mailer Street, Mornington
Project Dental	03 455 3770 reception@projectdental.co.nz	152 Hillside Road, South Dunedin
Te Kāika Dental Care	03 471 9960 reception@tekaika.nz	25 College Street, Caversham
Chew Dental	03 425 0006 giwcreception@gmail.com	2 Jenkins Street, Green Island
Green Island Dental Centre	03 488 3129 gident277@gmail.com	187A Main South Road, Green Island
Lumino the Dentists - Mosgiel	03 489 7040 mosgiel@lumino.co.nz	184 Gordon Road, Mosgiel
Mosgiel Dentists	03 484 7702 hello@mosgieldentists.co.nz	166 Gordon Road, Mosgiel

Providers with restrictions:
These providers will only accept your teenager/rakatahi if someone from your family/whānau is already a patient and attends their practice annually

Dunedin Dental	03 477 4829 reception@dunedindental.co.nz	Level 1 Dunedin Dental Building 169 Princes Street, Central Dunedin
Mosgiel Dental Centre	03 489 6049 office@mosgieldentalcentre.co.nz	26A Factory Road, Mosgiel

Regional Otago

Teenager | Rakatahi Dental Providers

ALEXANDRA

Central Dental	03 448 8159 - press 1 centraldentalalex@gmail.com	17 Brandon Street
Duncan Anderson Dental Surgeons	03 440 2119 Smiles@duncanandersondental.co.nz	116 Centennial Avenue
Tarbert Street Dental Surgery	03 448 8899 tarbertstdental@gmail.com	56 Tarbet Street

RANFURLY

Central Dental - Ranfurly	03 448 8159 - press 1 centraldentalalex@gmail.com	1 Tyrone Street

CROMWELL

Central Dental - Cromwell	03 448 8159 - press 2 centraldentalcrom@gmail.com	102B Barry Avenue
Cromwell Dental	03 445 1177 admin@cromwelldental.co.nz	32 The Mall

WĀNAKA

Aspiring Dental Service	03 443 7705 reception@aspiringdental.co.nz	64 Brownston Street
Lumino the Dentists - Wānaka	04 443 0790 wanaka@lumino.co.nz	23 Cardrona Valley Road
Wānaka Dental	03 443 7769 reception@wanakadental.co.nz	123 Totara Terrace
Emergency Dentists	027 1800 3335 info@emergencydentistwanaka.co.nz	25A Russell Street

BALCLUTHA

Clutha Dental	03 418 1294 reception@cluthadental.co.nz	131 Clyde Street
John Street Dental	03 418 1374 reception@johnstreetdental.co.nz	8 John Street

MILTON

Lumino the Dentists - Milton Dental	03 417 8290 milton@lumino.co.nz	7 Eden Street

OAMARU

Cooper & Hunt Dental Care - Oamaru	03 437 0466 cooperhunt@xtra.co.nz	4 Frome Street
F & F Dental Care	03 434 8349 ff.referrals@yahoo.co.nz	Wanbrow House, 6 Coquet Street
Lumino Shearer Dental - Oamaru	03 434 8554 coquetstreet@lumino.co.nz	Wanbrow House, 6 Coquet Street

PALMERSTON

Palmerston Dental Surgery	03 465 1591	54 Tiverton Street

Southland Region

Teenager | Rakatahi Dental Providers

QUEENSTOWN & FRANKTON		
Lakeside Dental Practice	03 441 8248 lakesidedentalpractice@hotmail.com	12 Lake Esplanade, Queenstown
Queenstown Dentist	03 442 7274 info@queenstowndentist.co.nz	44 Beach Street, Queenstown
Lumino - Queenstown Dental Centre	03 442 8580 shotoverstreet@lumino.co.nz	7 Shotover Street (Box 19), Queenstown
Lumino - Frankton Dental Surgery	03 442 2711 franktondental@lumino.co.nz	16 McBride Street, Frankton
Remarkables Dental	03 442 3531 info@remarkablesdental.co.nz	Terrace Junction, 1092 Frankton Road, Frankton
Wakatipu Dental Centre	03 442 7105 admin@wakatipudentalcentre.co.nz	Office 207, Floor 1 Dart House, Remarkables Park Town Centre
Lumino - Kawarau Park Queenstown	03 265 1751 kawarauparkexact@lumino.co.nz	Unit D, 12 Twelfth Avenue, Lake Hayes
INVERCARGILL		
Toothworks	03 218 4937 reception@toothworks.co.nz	65 Arena Avenue
TE ANAU		
Fiordland Dental Centre *Only accepting students from Fiordland Area	03 249 8580 info@fiordlanddental.co.nz	Jailhouse Mall, 52 Town Centre
TUATAPERE		
Adolescent Dental Service (HNZ)	0800 570 300 - 47 Orawia Road	Waiau Area School Mobile Dental Unit
LUMSDEN		
Adolescent Dental Service (HNZ)	03 248 7699 - 19 Maria Street	Lumsden Primary School Dental Clinic
RIVERTON		
Adolescent Dental Service (HNZ)	03 234 8571 - 7 Leader Street	Riverton Primary School Dental Clinic
WYNDHAM		
Adolescent Dental Service (HNZ)	0800 570 300 - Florence Street	Wyndham School Mobile Dental Unit
PROVIDERS WITH RESTRICTIONS: These providers require another family/whānau member to already be a patient who attends the practice each year - please contact them to confirm acceptance		
INVERCARGILL		
The Dentist on Kelvin	03 218 6280 reception@dentistonkelvin.com	27 Kelvin Street
Lumino the Dentists - Invercargill	03 218 3036 invercargill@lumino.co.nz	52 Victoria Avenue
Invercargill City Dentists	03 218 3456 reception@invercargilldentists.co.nz	89 Don Street
Windsor Street Dental	03 217 7134 reception@windsorstreetdental.nz	Level 1 Windsor Mall, 38 Windsor Street
Remarkable Smile	03 218 3257 reception@remarkablesmile.co.nz	83 Don Street
Walker Family Dental	03 218 8356	79 Don Street
WINTON		
Winton Dental	03 242 5025 wintondental.reception@gmail.com	233 Great North Road
GORE		
Birch Lane Dental	03 203 9041	Gore Hospital, 9 Birch Lane
Hokonui Dental	03 208 4422 hokonui.dentalcare@xtra.co.nz	2 Medway Street
Lumino the Dentists - Gore Dental	03 208 7413 - gore@lumino.co.nz	5 Irk Street