

RETURNING TO DENTAL NURSING

A Guide to Restoring Your GDC Registration

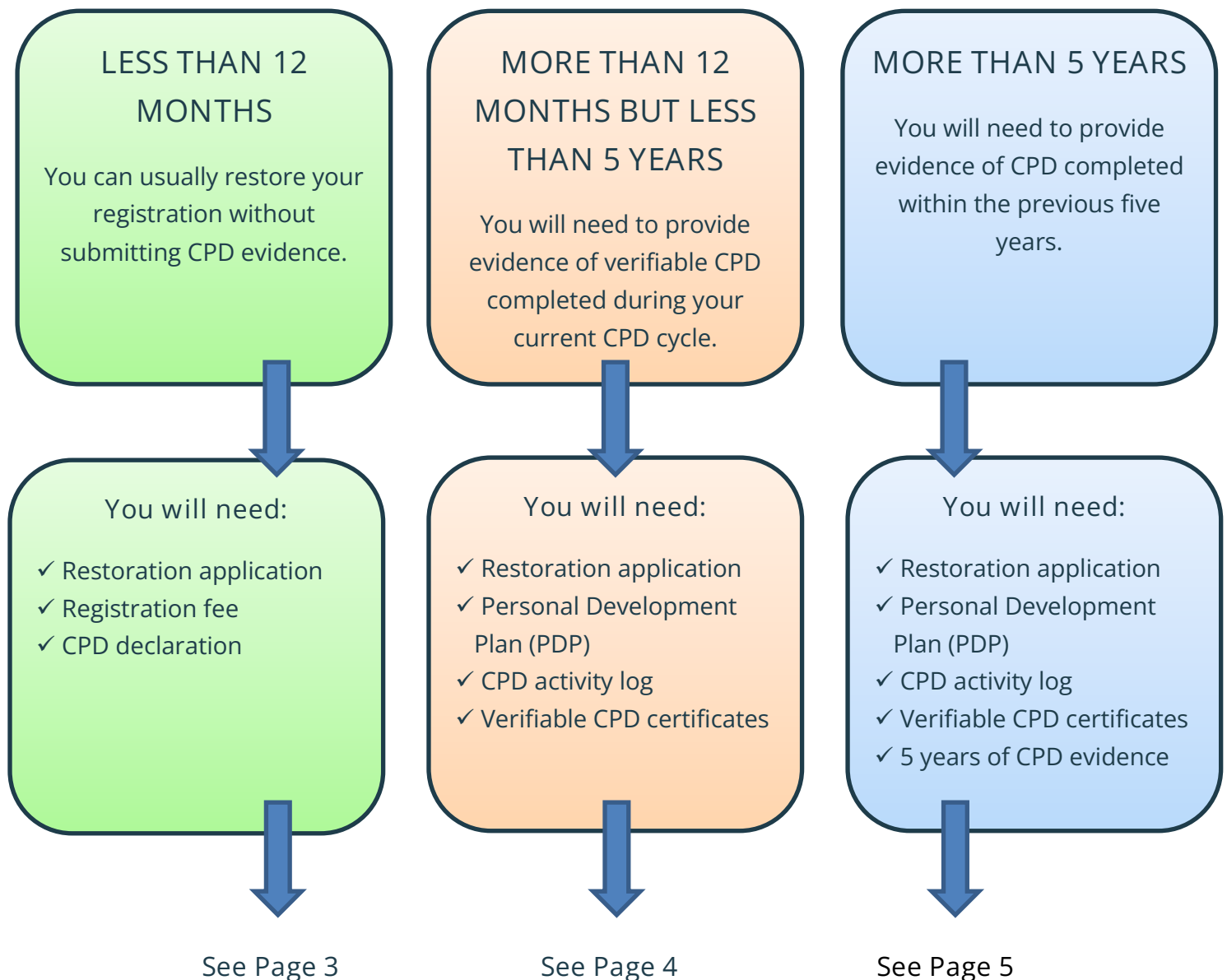
Supporting qualified dental nurses returning to practice

Returning to Practice: Where Do I Start?

If you are a qualified dental nurse whose GDC registration has lapsed, the process for returning to practice will depend on how long you have been off the register.

Use the guide below to identify which route applies to you.

How long have you been off the GDC Register?



Need help?

If you are unsure which category applies to you, or would like further information about restoring your GDC registration, visit the GDC website: [Restoring your name to the register.](#)

Category 1: Off the Register for Less Than 12 Months

This section applies to you if:

- ✓ You have been off the GDC Register for less than 12 months
- ✓ You have not been removed from the register for failing to comply with CPD requirements

Good News

If you have been off the GDC Register for less than 12 months and have not been removed from the register for failing to comply with CPD requirements, you can usually restore your registration without submitting evidence of CPD.

What Do I Need to Do?

1. Complete a Restoration Application

Apply to restore your registration with the General Dental Council (GDC).

2. Pay the Restoration Fee

Pay the applicable restoration fee as part of your application.

3. Confirm Your Previous CPD Compliance

You will need to confirm that you have met your CPD requirements and retained appropriate CPD records in line with GDC requirements. For full details, please refer to the GDC website.

Before you apply, make sure you have:

- ☐ GDC registration number
- ☐ Access to your CPD records
- ☐ Up-to-date contact details
- ☐ Payment method for the restoration fee

👉 Visit the [GDC Restoration Guidance](#) page to begin your application.

Category 2: Off the Register for More Than 12 Months but Less Than 5 Years

This section applies to you if:

- ✓ You have been off the GDC Register for more than 12 months but less than 5 years
- ✓ You have not been removed from the register for failing to comply with CPD requirements

What Do I Need to Do?

1. Complete a Restoration Application

Apply to restore your registration with the General Dental Council (GDC).

2. Calculate How Much CPD You Need

You will need to provide evidence of verifiable CPD completed during your CPD cycle.

Dental nurses require 10 hours of verifiable CPD for each full CPD year since the start of their current CPD cycle.

If you are unsure how much CPD you need, refer to the GDC guidance when preparing your restoration application.

3. Gather Your Supporting Evidence

You will need:

- Personal Development Plan (PDP)
- CPD activity log
- Verifiable CPD certificates
- Restoration application

Before you apply, make sure you have:

- ☐ GDC registration number
- ☐ A completed Personal Development Plan (PDP)
- ☐ CPD activity log
- ☐ Verifiable CPD certificates as evidence of completed CPD
- ☐ Up-to-date contact details
- ☐ Payment method for the restoration fee

👉 Visit the [GDC Restoration Guidance](#) page to check your CPD requirements and begin your restoration application.

Category 3: Off the Register for More Than 5 Years

This section applies to you if:

- ✓ You have been off the GDC Register for more than 5 years
- OR
- ✓ You have previously been removed from the register for failing to comply with CPD requirements

Although the restoration requirements are more extensive for this category, the process can be completed by gathering the required documentation and CPD evidence before applying. What Do I Need to Do?

1. Complete a Restoration Application

Apply to restore your registration with the General Dental Council (GDC).

2. Gather Five Years of CPD Evidence

You will need to provide evidence of verifiable CPD completed within the previous five years.

Dental nurses require 50 hours of verifiable CPD completed within the previous five years.

3. Gather Your Supporting Evidence

You will need:

- Personal Development Plan (PDP)
- CPD activity log
- Verifiable CPD certificates
- Restoration application

Before you apply, make sure you have:

- ☐ GDC registration number
- ☐ A completed Personal Development Plan (PDP)
- ☐ CPD activity log
- ☐ Verifiable CPD certificates
- ☐ Five years of CPD evidence
- ☐ Up-to-date contact details
- ☐ Payment method for the restoration fee

👉 Visit the [GDC Restoration Guidance](#) page to review the restoration requirements and begin your application.

Helpful Resources and Support

Whether you are ready to apply for restoration or are just exploring a return to dental nursing, the following resources may be of use.

General Dental Council (GDC)*

- [🔗 GDC Restoration Guidance](#)
- [🔗 CPD Requirements](#)
- [🔗 Recording and Submitting CPD](#)
- [🔗 Personal Development Plan \(PDP\) Template](#)
- [🔗 CPD Activity Log Template](#)

Planning Your Return to Practice

Before applying for restoration:

- Identify which restoration category applies to you
- Review your CPD records
- Complete any outstanding verifiable CPD
- Gather your supporting documentation
- Review the GDC restoration guidance

Need Further Support?

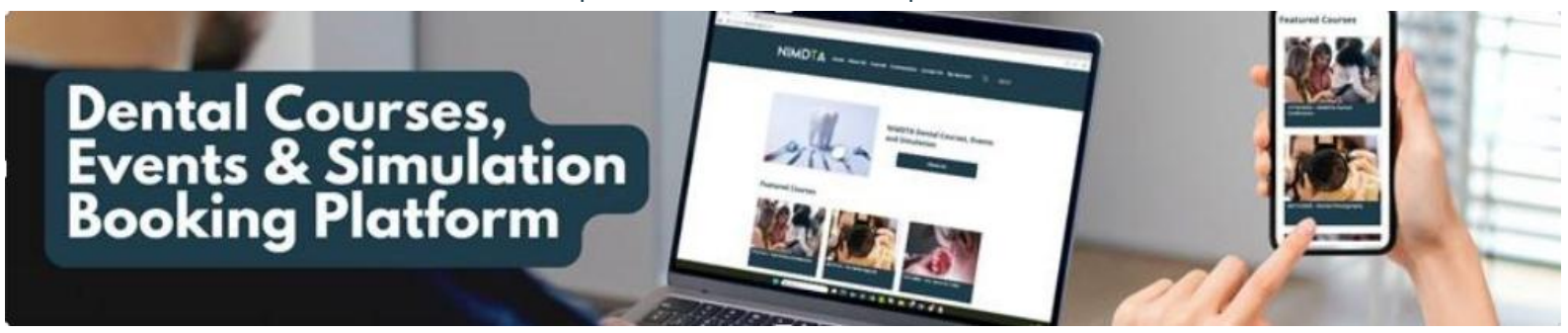
NIMDTA can signpost dental nurses to educational opportunities and resources that may support a return to practice.

NIMDTA Dental Courses, Events and Simulation

NIMDTA offers a wide range of CPD opportunities to support dental nurses at every stage of their career, including those considering a return to practice.

Click the banner below to browse upcoming courses, events and educational opportunities available through the NIMDTA Dental Courses, Events and Simulation Booking Platform.

*Information correct at September 2026. Always refer to the General Dental Council (GDC) website for the most up-to-date restoration requirements.

A banner image showing a laptop and a smartphone displaying the NIMDTA booking platform. The laptop screen shows the NIMDTA logo and a list of featured courses. The smartphone screen shows a 'Featured Courses' section with images of dental procedures. A dark blue speech bubble with white text is overlaid on the left side of the image.

**Dental Courses,
Events & Simulation
Booking Platform**