

The Essex Dental Clinic – May 2020 Newsletter and Covid 19 update

We hope that this newsletter finds you and your families well and that you are adjusting to the new normal.

Emergencies

Please remember we are still here for you, even though the practice remains closed for all routine dental care. Should you have a dental emergency please call the practice on 01787 222828. We can arrange a telephone or video consultation. We can also give you advice and antibiotics if necessary. The small team who are working have also been delivering medication to our patients who are unable to go out.

Your Daily Routine

There has never been a time when your daily dental routine has been more important. Here are a few top tips:

- Clean twice a day for 2 minutes, ideally before breakfast and before bed (a good routine with children is essential)
- Make sure you clean every surface of every tooth, especially where the gum meets the tooth
- Electric toothbrushes are more effective at cleaning the teeth than manual toothbrushes
- Use a Fluoride toothpaste
- Use floss and interdental brushes eg. TePes, daily
- Don't snack on drinks and foods containing sugar between meals

If you need any products, please phone us on 01787 222828. We may be able to deliver if you are self-isolating at home.

Returning to normal

We have always made the safety of our patients of paramount importance. Therefore, our usual high standards of cross infection control have got to be improved even further to combat the spread of the coronavirus. The dental surgery environment has been described by Prof. Mike Lewis as 'coronavirus heaven'. This is because when we use the dental drills, we create a mist in the air, known as an aerosol and that is full of bacteria and viruses. We are very fortunate at The Essex Dental Clinic as we have a ventilation system that sucks the air and aerosol out and pumps fresh air in. Although we are fortunate to have this technology, there remains a number of risks that need to be minimised. We are going above and beyond to ensure the safety of our patients and will update you in June's newsletter on all the additional safety procedures we are putting into place to protect you.

We will reopen as soon as possible but only when it is safe for our patients and staff.

Please Stay home, stay safe and help us stop the spread to protect the NHS.

Thank you.

With Best wishes from Louise and the whole team at The Essex Dental Clinic