

Your “New COVID 19” Journey to

Centennium House



As you know safety of our patients and the team has always been of prime importance to us. Many of you have said, when we have spoken on the phone over the last 10 weeks, just how safe you have always felt in our practice. Which is very reassuring.

The issue we have in dentistry is that we generate an aerosol (AGP -aerosol generating procedures) by splashing and spraying water into mouths which splashes out again and will create a mist around us and the patient. If the patient is harbouring (even if non symptomatic) the Covid 19 virus in their mouth and throat then this will be in the mist. The mist will also land on the work surfaces, floor and equipment around the patient working area.

So, I must protect my team and myself from inhaling that mist into our lungs, and prevent another patient from inhaling the mist still in the air and/or touching a contaminated surface. Everyone has heard about PPE now and of course we have been using it effectively for decades. Generally, what we have had is fine, however this virus is really small and our usual masks are not of a fine enough weave. Also, the virus is so very contagious and if infected it can be a catastrophic illness.

So, while we are still in the Coronavirus Alert Level 3 (epidemic is in general circulation) we dental health professionals have had to adopt a much changed face-to-face patient contact.

Check-ups, cleaning, x-rays, dentures, removal of loose teeth and simple tooth repairs can all be done non aerosol generating. More complex fillings, root canals, removal of fragile teeth and crown preparations all require us to generate an aerosol.

So to mitigate the potential spread of infection in these types of procedures we must firstly protect ourselves by wearing a long sleeved operating gown, hair cap, a tight fitting more protective mask, clear visor and goggles. So, we will not look way we used to. We will first ask you to rinse with a special mouthwash and we will be covering your tooth/teeth with a rubber sheet (rubber dam) (except in extractions) so that only the teeth that we really need to work on are exposed. Once we complete the treatment we will have to quickly removed all the extra protective wear back down to our scrubs and mask, open the window to air the room, exit the room and shut the doors. No entry for one hour. This allows the mist to drop and we can then go in and do a full clean down.

Everyone who has an appointment will have spoken to me when booking and been sent some simple questions relating to risk of Covid 19 infection.

So please:

1. Let us know by phone on the day of your appointment if you have:
 - a. Been diagnosed with Coronavirus
 - b. Have shortness of breath or other breathing difficulties
 - c. Currently have a cough or have had a persistent dry cough in the last 14 days
 - d. Any other flu-like symptoms such as gastro-intestinal (tummy) upset, headache or fatigue
 - e. Experienced recent loss of taste or smell
 - f. Been in contact with any confirmed COVID-19 positive patients
 - g. You or a member of your household has been out of the UK in the last 14 days.**
 - h. Have been told by PHE to isolate for 14 days as you have been found to have come into contact with a positive case
2. Do not arrive with any of the above symptoms as we must just send you home again
3. Come alone (we will have the children/carer conversation at the appointment booking phone call)
4. Bring as little clutter as possible just a bag and coat.
- 5. Arrive wearing a face covering.**
6. Arrive on time – the wooden front door remains locked at all times, ***(please stand in front of this door as it triggers a chime within the practice)*** there is a chair next to the door if you are early but we would prefer you not to have to pass/meet a leaving patient.
7. Respect the 2m physical distancing wherever possible
8. We will ask you to put your coat and/or bag in a box on the waiting room table. The box will come into the surgery with us. It is cleaned and disinfected between patients
9. Wash and dry your hands in our new handwash station in the waiting room.
10. Come through to the surgery directly.
11. Jump in the chair!

Other changes we have made are that we will provide you with a mouthwash as usual but ask you to gently dribble into a small funnel attached to the suction rather than spitting into the basin beside the dental chair something which can generate that mist. We can give you a small glass of water to swallow if your mouth is dry when you arrive.

I have re-commissioned the small previously redundant surgery so that my nurses can spend even longer than before cleaning down between patients. While I use the other room.

Looking forward to seeing you!



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