

# LIFE IN THE TIME OF COVID-19



## Who would ever have thought?

WRITTEN BY DR FLORA CHIGWEDERE

*When we last saw most of our patients, I don't think any of us would have predicted our current predicament. It was with great sadness we treated our last patient on Friday 20 March 2020, in preparation for a nationwide lockdown. It's been a time of a mixed bag of emotions – anxiety dealing with the unknown, sadness we won't see our team members, patients and friends, happiness brought on by long days basking in the sunshine, Instagram work out classes and endless online CPD training. We have also been very active on answering emails, dealing with emergency situations, taking calls from our patients and doing our best to maintain contact with our patients.*

## We care!

*We want you to know that even though we are not treating patients, **we are available to answer any queries about your oral health that you may have.** We have had queries ranging from lost crowns, broken teeth, wisdom teeth problems and toothache. We have so far been able to manage most queries remotely, often liaising with a patient's nearest pharmacy. We have been able to find a solution to most problems we have been presented with. One patient responded by saying 'Thank you for listening, I just needed to hear someone tell me it's ok, and reassurance that you will be available if I need more help.'*

What's inside this issue:

*DENTAL EMERGENCY  
INVISALIGN PATIENTS  
FEW DENTAL TIPS*

## Do you have a dental emergency?

Treatments which are **non-urgent** can be managed by a phone call and examples of these are:

- Loose crowns or bridges;
- Broken or loose dentures;
- Bleeding gums;
- Broken, loose or lost fillings;
- Chipped teeth with no pain;
- Loose orthodontic wires.

Emergencies which are **urgent** and would require referral to A&E or a designated UDC (Urgent Dental Care hub):

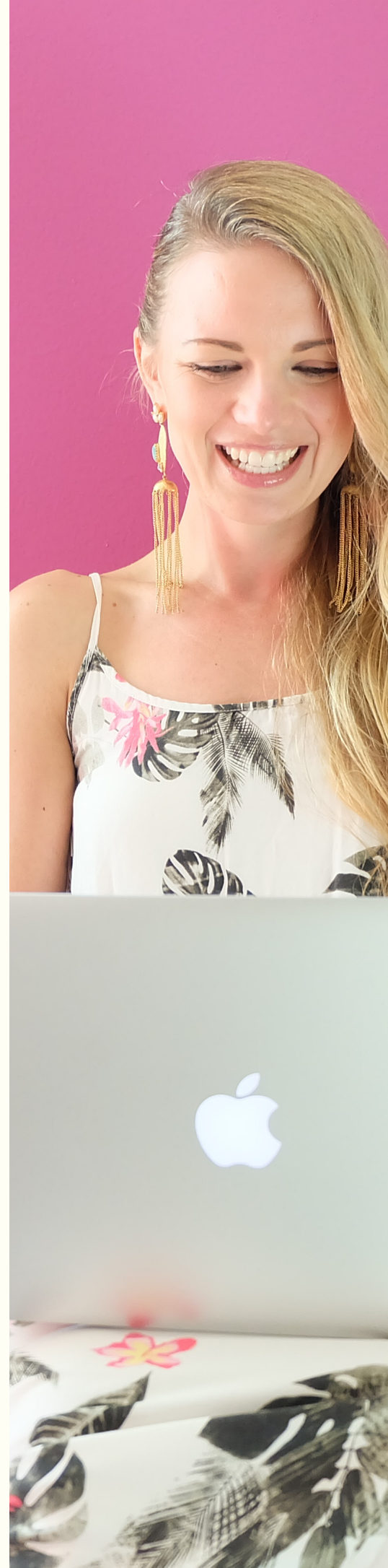
- Facial swelling;
- Trauma causing excess bleeding and loss of consciousness;
- Infection causing a fever which cannot be managed with antibiotics;
- Pain which is preventing sleep or eating.

Please get in touch, even if it is the smallest query, **we are happy to help**. We are also scheduling in **Zoom calls for patients who would require face to face consultation** such as all our Invisalign patients or any smile design queries patients may have (...also gives us something to do which doesn't involve baking...)

Our number is 02078 369 107 and mobile number 0752 66 88 485.

## For our Invisalign patients

We have made an effort to reach out to most of our patients over the past few weeks. We have been able to post out aligners to ensure you are all still undergoing your Invisalign treatment and trying to avoid any major disruption in your treatment outcome. If you are one of our Invisalign patients and you have not heard from us, please do get in touch.



## Avoid problems!

We have had to cancel all appointments including routine dental check-up and hygiene appointments, but **it is very important you maintain a good oral hygiene regime** so you keep a healthy mouth. We are updating our **Instagram** feed daily providing our patients with tips on how to maintain a healthy mouth, so please do follow us, if you don't already **@CGDentalSpa**.

## A few tips!

We are all guilty of over indulging while being cooped up in our houses. Yes, we do deserve that extra bit of chocolate, these are unprecedented times. We understand totally, and are with you! But please be wise with your eating habits. Here are a few reminders of things you should be doing, but we know a few of you may have let some slip... just a little:

- **Floss** or use **interdental brushes** every day. This will help you to avoid tooth decay. Flossing also helps to reduce gum disease, bleeding gums and halitosis;
- **Brush twice daily** with a **fluoride** containing toothpaste;
- Use a **fluoride containing mouthwash once a day** before bed;
- **Avoid rinsing your toothpaste** to allow the toothpaste to work its magic on your teeth.



We are continuously monitoring the situation, following the updated issued guidelines. We will continue to listen out for any announcements which provide official advice, and respond accordingly, keeping you updated as we go along. Everything we are doing and will do will be in the best of interest of you our patients and to protect our members of staff.

**Your health, safety and wellbeing are our top priority! Please do remember, we must stay at home to fight this virus as a united front. Please do your part by obeying the social distancing rules.**

**Best wishes to you from The Dental Spa Team**