

Is it safe to go to the dentist now?

5 reasons to feel confident in seeing your dentist

Regular dental appointments are important since oral health is related to overall health. While it's tempting to postpone your regular checkups during the Covid-19 pandemic, this is not advisable. That's because routine appointments give dentists and hygienists the opportunity to check and monitor a number of oral health conditions. When conditions such as tooth decay are identified early, they can be easier and less expensive to treat. When dental disease is left untreated it can become more difficult, painful, and expensive to address.

5 Reasons why you should feel safe

- 1 Dentists & hygienists have years of training in infection control & prevention**

Dentists and hygienists have followed comprehensive infection control standards for years to protect themselves, their teams, and most importantly their patients from exposure to infectious diseases. In addition to wearing eye protection, masks, and gloves to decrease their risk of exposure, dental professionals have stepped up their standard protocols even further during the pandemic by adding surgical gowns, face shields and higher-level masks (e.g. N95s).
- 2 Effective patient screening protocols**

Dental offices now screen each patient prior to the visit. Typically, a series of questions is asked to identify possible risk factors and exposure. Patients are often asked to wait outside rather than in waiting rooms, wear face masks, and not bring additional people to their appointment. When patients arrive at the office, they are greeted by a masked dental team member, a few additional questions, a temperature check and alcohol-based hand sanitizer.
- 3 Active steps to reduce aerosols**

Dentists and hygienists are taking additional precautions to reduce the creation of aerosols, which can carry viral particles through the air. These can include pre-procedural antiviral oral rinses, the use of high-evacuation suction whenever possible, and for longer procedures, limiting exposure with rubber dental dams.
- 4 Increased cleaning protocols**

Dental offices have always operated with strict cleaning procedures before, during, and after patient visits to prevent cross-contamination. Now in addition to normal cleaning protocols, offices are specifically using disinfectants known to kill the COVID-19 virus, removing high-touch items like magazines and toys from waiting rooms, frequently cleaning or replacing items like pens and clipboards and providing multiple hand sanitizer dispensers.
- 5 Fewer patients per day**

Dental offices are seeing fewer patients in the office each day so people can stay farther apart in clinics and waiting rooms. This additional time also allows for the thorough cleaning described above and vigilance of the dental team to utilize personal protective equipment to help keep everyone safe.

Additional information you may find valuable

CDC / Healthcare Workers - Guidance for Dental Settings
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/dental-settings.html>

Evidence supporting the safe return to work of oral health practitioners during COVID-19

<https://www.canada.ca/en/public-health/services/reports-publications/canada-communicable-disease-report-ccdr/monthly-issue/2020-46/issue-11-12-november-5-2020/supporting-safe-return-work-oral-health-practitioners-covid-19.html>

Canadian Dentists Resilient in the Face of COVID-19

<http://oasisdiscussions.ca/2020/08/21/diac-survey-canadian-dentist-resilient-in-the-face-of-covid-19/>

Patient dental treatment during the Covid 19 Pandemic

<https://www.rcdso.org/en-ca/patients-general-public/covid-19--novel-coronavirus-for-patients>

We want you to feel comfortable when you come in for your appointment. Please reach out to us and we'll be happy to answer any questions you have about our new safety measures. See you soon!

This important information is made available by your dental office and Premier Dental Products Company.

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What You Can Expect From Your Next Visit To The Dental Office

Prior to Your Appointment



Before your scheduled visit, one of our team members may call you to ask you some health-related questions. This is intended to ask about your health and any potential exposures to sick individuals.



A limited number of patients will be allowed into the reception area, please expect to wait outside the office or in your car until the team is ready to see you.



Please limit the number of additional people that accompany you to the office, if possible allow older children to go into the office without a parent.



Additional cleaning and disinfection measures will be done after each patient to make certain the dental operatory is safe for you.

During Your Appointment



You will be asked to wear a face mask to your appointment. A dental team member will let you know when it is appropriate to remove it so treatment can begin.



A dental team member will take your temperature and repeat the health questions asked before your appointment.



The reception area will look different. Magazines, toys, or other high-touch items have been removed for everyone's safety.



The dental team will wear additional personal protective equipment, including face masks, plastic face shields, goggles and surgical gowns at all times.

After Your Appointment



Within 2 days of your appointment, if you start to experience COVID-19 symptoms call to alert us at the dental office so anyone who came into contact with you can be notified.



It is important to schedule your next appointment before you leave. Oral health is a component of overall health, and one of ways you can stay healthy is to keep up with regular dental care. We are committed to helping you maintain your oral health.



Regular dental visits will help you look and feel your best, but don't forget that the proper way to maintain your oral health between visits is practicing good hygiene – such as brushing and flossing – at home. **Keep Smiling!**



It is important to us that you feel comfortable and safe when you come to our dental office. Please contact us if you have any questions or concerns about our new safety measures. We hope to see you soon!

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