

We are gradually returning to work and opening our diaries

Greetings!

We hope that you and your families have been able to keep safe and well during this strange time of lock down and COVID-19.

Most of our dentists have now returned to work and are treating patients and we are delighted to tell you that we too are now starting a phased return, and look forward to offering you hygiene appointments again as we open our diaries over the coming months.

Hygiene appointments

Your hygiene appointment may be different to appointments before lock down. Firstly we will all look a little different, with more PPE, but we are all under there somewhere! Also, please bear with us during our phased return as your appointment may not be with your usual hygienist. However it won't be long before you will be able to request an appointment with the hygienist of your choice.

Your safety is our priority and we have invested in equipment to keep you safe which evacuates aerosol away and maintains clean air in the surgeries. Rest assured you will still receive a thorough and tailor made appointment as before and will be well cared for.

Continuing oral care at home to prevent disease

During lock down, we have not just been keeping up to date with webinars relevant to COVID-19 but also enhancing our own skills and knowledge, and listening to some eminent and highly qualified speakers in their field.

Once again the importance of home care prevails and we would like to share the importance of home care and the benefits it can have on not just preventing disease but also maintaining our general health. As hygienists, 80% of what we do is about oral health advice, education and what happens at home – with a good home care routine, our 20% is so much more effective.

A significant improvement in oral health can be made simply by adopting a thorough daily oral hygiene routine at home. This should include: brushing twice daily with a fluoride toothpaste (remembering to spit out but not rinse afterwards), and cleaning in between the teeth at least once daily (this might include floss, or interdental brushes/sticks). Studies and research continue to reinforce the message that removing plaque at home results in a marked

improvement alone, even before visiting a hygienist.

This will be especially helpful in preparation for your appointment and will help reduce any bleeding and sensitivity and therefore allow us to achieve optimal results. Achieving the best possible outcome of healthy tissues, healthy gums and a healthy you, and working very much together with you on this is our end goal!

Finally

We are excited to be returning to work gradually over the next few weeks and months, and as we may be unable to see you immediately, we are here in the meantime should you need any advice or support during this time so please don't hesitate to contact us.

We look forward to welcoming you at your next visit.

With our very best wishes,

Issy, Diana, Sue, Becky, Vicky and Yaz.



Advice when visiting Devonshire House

Contact our hygiene team

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