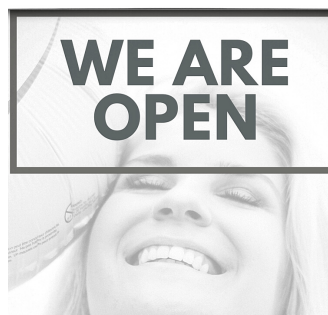
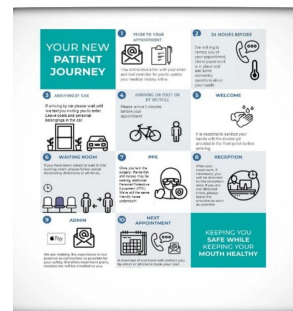


Contents



**LOCKDOWN 3
ATTENDING
APPOINTMENTS**



**SAFETY
MEASURES**



**PREVENTING
COVID SPREAD AT
HOME:
TOOTHBRUSHES**



**LOCKDOWN &
THE RISKS TO
ORAL HEALTH**



**POOR ORAL HEALTH AND
COVID COMPLICATIONS**

Happy New Year

We hope all our patients had a restful and happy Christmas break. It was certainly a quieter one than usual, but all our team enjoyed some at home, family time and some relaxation (with a little tipples courtesy of Eynsham Cellars!) We look forward to seeing you all during the course of the year and wish everyone a happy and healthy 2021.



WE ARE OPEN

Are you open as usual during Lockdown? Yes, with our normal opening hours.

We are providing the full range of care including check ups, hygienist care, fillings, implants and emergency care. Patients are advised to attend for their appointments as normal, following our Covid safety measures.

With the stay at home message, should I attend for dental appointments?

The government guidance is a definite yes. They are keen for all routine and urgent health care to continue uninterrupted and travel to dental surgeries is permitted. Dental surgeries are recognised as very safe environments, with no cases of COVID spread reported worldwide.

Are there any restrictions?

There are no restrictions on the delivery of private dental care with our strict COVID policy. Many NHS dental services are limited due to capacity issues however private dental care with us offers you full access with no waiting lists or restrictions.

Enquiries from new patients are welcome, we are doing our best to accommodate anyone in the community with dental needs.

If you have any particular needs or concerns please call and talk to our team.

SAFETY MEASURES

Most of our patients will already be familiar with the additional, robust safety measures we implemented in 2020 in response to the pandemic.

We continue to follow these protocols with full disinfection of the chair, unit and surfaces in surgery between each patient and our routine sterilisation of instruments. We have implemented additional cleaning of communal areas, prior appointment screening and use of alcohol hand gel and a face mask is mandatory for patients and staff on entering the building.

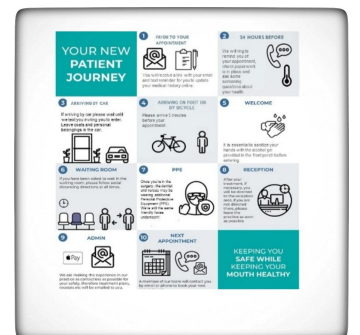
For drilling procedures we use air extraction units to replace the air in the room, additional PPE, and time for deep cleaning afterwards.

We have been really pleased with the effectiveness of our social distancing measures and our patients' respect and cooperation. In response to a rising number of cases in the county, in January we will again be limiting the number of patients to one family group per waiting room. We will continue to invite patients to wait in their cars. This has worked very well to prevent contact between patients.

If you are shielding, please talk to our team about how we can protect and provide for you.

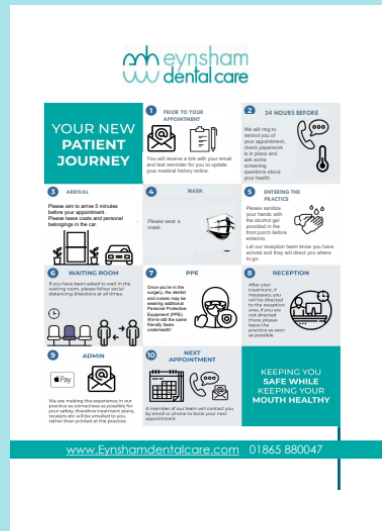
Cross infection control is an area our team are highly experienced in, undertaking yearly training and regular auditing.

Please see our website for further details.



OUR SURGERIES ARE VERY WELL VENTILATED AND WINDOWS ARE KEPT OPEN. THIS CAN MEAN THE SURGERIES ARE A LITTLE COLD SO PLEASE FEEL FREE TO WEAR YOUR COAT AND TO BRING A BLANKET FOR ANY LONGER APPOINTMENTS.

We will continue to email you an updated copy of our patient information sheet before appointments. This will explain any updates to our COVID procedures.



Thank you to all our wonderful patients for your co-operation, you have been tremendous helping us to keep our staff and community safe. Your kind words of support mean a lot to our hard-working team.

THIS IS A FANTASTIC PRACTICE. THE EFFORTS MADE TO ENSURE IT IS COVID-19 SECURE ARE TRULY IMPRESSIVE (AND REASSURING). DENTISTS, NURSES AND ADMINISTRATION STAFF TRULY PUT PATIENTS FIRST - ALWAYS.

PREVENTING COVID SPREAD AT HOME: TOOTHBRUSHES



Sharing a toothbrush, toothpaste, the same container for the brush and not changing the brush after infection, are all possible routes of cross-contamination of coronavirus.

Studies suggest around one-in-four (26%) Brits are willing to share their toothbrush with others. This can pass on various bacteria and viral infections including coronavirus.

In addition to sharing a toothbrush, the research suggests there is a more common risk of families leaving their toothbrushes in the same container. It is suggested that this increases the risks of viral spread between family members..

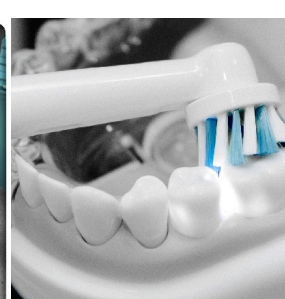
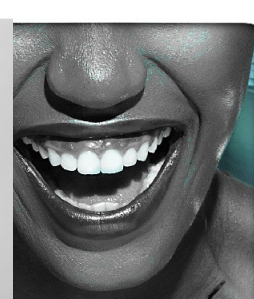
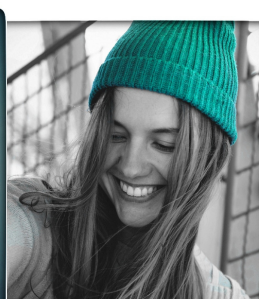
It is advisable to store toothbrushes upright and separately. This allows the bristles to dry faster and hinders the spread of any virus or bacteria that may be lingering on the brush.

If you know you are infected, soaking your brush in an antibacterial mouthwash after brushing could also help kill any bacteria and viruses on the toothbrush.

We usually recommend changing your toothbrush or brush head every three months, or when the bristles become worn. It is also advisable to change your brush if who have had coronavirus.

Studies also suggest that tongue cleaning may be effective in reducing the spread of the virus and that tooth brushing, and interdental cleaning can help reduce the presence of the virus in the mouth.

In addition to the other measures taken to reduce the spread of Coronavirus, these simple measures are worth bearing in mind.



LOCKDOWN AND THE RISKS TO ORAL HEALTH

Oral health may not be top of your mind going in lockdown however research has shown that staying at home led to more than one-in-three (38%) British adults increasing the amount of times they were snacking throughout the day.

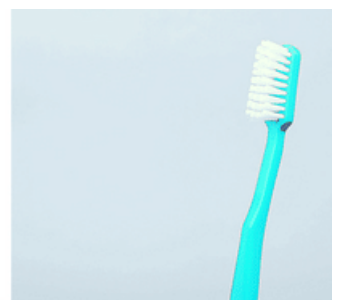
Sugary or acidic snacks can damage the health of the teeth. Choose tooth safe snacks such as fresh fruit, veg and houmous or nuts.

During the first lockdown, when dental surgeries were forced to close, there was a recognised and concerning drop in referrals for oral cancer investigation. Early cancer diagnosis is a subject close to our hearts so we are pleased that during lockdown 3 routine examinations, which includes your oral cancer check, can continue. Thus the risk of undiagnosed disease, including cancer, or delayed treatment does not have to be an issue this lockdown.

SPREAD THE WORD AND KEEP UP TO DATE

To keep up with the latest information and lots of advice and stories, please do follow us and support us on social media.

FOLLOW US



Serious oral health advice served in a fun way.



WWW.EYNSHAMDENTALCARE.COM



THE LINKS BETWEEN ORAL HEALTH, GENERAL HEALTH AND THE RISK OF COVID 19 COMPLICATIONS

In recent years the understanding of the links between oral health and general health have been growing. It well recognised that poor oral health, in particular gum health, is linked to the risk of diabetes, stroke and heart disease. A recent study in the UK suggests that oral bacteria and risk of COVID-19 complications could be linked.

"The four essential risk factors for severe COVID-19, diabetes, high blood pressure, heart disease, and obesity, are also associated with poor oral hygiene", they wrote. They recommend "oral hygiene be maintained, if not improved, during a SARS-CoV-2 infection in order to reduce the bacterial load in the mouth and the potential risk of bacterial superinfection. These precautions are particularly important for those with diabetes, heart disease hypertension."

Other studies have also shown that improved oral care can significantly reduce the incidence of ventilator-associated pneumonia in ICU patients and reduce the risk of acquiring a bacterial superinfection.

Regular check ups and hygienist visits are designed to help you maintain your oral health and oral hygiene. Between exams it is important to brush thoroughly twice daily, especially before bed, clean in between the teeth once daily with floss or interdental brushes, use a fluoride toothpaste and limit sugar intake, particularly between meals.

