



*Newsletter, March 2020*

Dearest Patients,

I hope this finds you well.

In these unprecedented times, and as a result of the PM's announcement on the evening of March 23rd 2020, we have decided to close the practice for routine dental treatments for at least 3 weeks (until Tuesday April 14th).

**A limited emergency service at the practice will remain available by contacting my mobile (see below).**

We adhere to the following "Protocol dealing with Covid-19: [click here to read](#).

In the meantime, please take advantage of this time at home to look after your dental health (both teeth and gums) by:

1. Brushing your teeth twice a day for at least 2 minutes;
2. Interdentally cleaning with floss and/or bottle brushes/tooth picks EVERY DAY. Remember the little brushes and sticks should be used back and forth 5-10 times in each gap;
3. NOT opening anything with your teeth;
4. Avoiding biting your nails- both good for preventing your teeth from fracturing as well as the virus from spreading from your hands;
5. Using your bite guard if you have one.
- 6.

If you have ANY questions please do not hesitate to ring my mobile on 07759 226962.

Keep well and stay safe.

Kindly,

Gunilla