

Dear Patients, Doctors and Friends,

I hope this letter finds you in good health. I am writing this letter to you to let you know that we are up and running for top-notch safe patient care. I have been seeing emergency patients all through the Covid 19 Pandemic. Two weeks ago, Kathleen started seeing periodontal maintenance patients for regular hygiene care.

Of course, we have instituted new measures to ensure everyone's safety. For example:

Patients are asked several questions at the front desk to screen for exposure.

We are taking your temperature (and all our staff) using a non-contact infrared thermometer.

Social distancing is utilized with markers on the floor to ensure a 6-foot radius.

All magazines have been removed from our reception room to minimize patients lingering in the reception room (as you know, we have always enjoyed a large variety of magazines...not just golf magazines).

We are asking spouses of patients receiving patient care to wait outside or in their cars.

All surfaces are sanitized multiple times during the day.

Hand sanitizer is available, and we all are using it regularly along with frequent hand washing.

Special N-95 masks are in use along with large face shields.

We are keeping the office doors and windows as open as possible (not just for the ocean views) but to also allow for excellent cross ventilation.

As an extra precaution, we have instituted a "Swish and Swab" as popularized by my Webinar on "Dental Office Modifications in Light of the Covid 19 Virus Pandemic". As such, patients are asked to swab the nares (inside of the nostrils) with Povidone Iodine and swish for 30 seconds using a dilute sodium hypochlorite solution to reduce bacterial and viral particles before treatment begins.

We are using a high-speed suction to evacuate droplets in the air, we will be using specially constructed mirrors that also have suction capabilities, I have ordered a large suction machine to also help in that regard.

I am installing special Ultraviolet antibacterial and antiviral lighting to also sterilize the treatment rooms and patient gathering areas.

We are encouraging any patient that shows signs of any transmissible disease to hold off on periodontal care.

Sincerely,

*Peter Nordland DMD*

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