**Dentistry COVID 19 Phase 3 Return**

Phase 3 has been described by the Scottish Government as including “Routine” non-aerosol generating dental procedures. In reality this means that in order to be seen by your own dentist, you no longer have to be in severe pain. **However**, many restrictions remain in place. First and foremost, due to social distancing our practice, with usually 5 working surgeries, is limited to a maximum of 2 surgeries open per day. Numbers of patients allowed to enter the practice are also strictly controlled. One of these surgeries, per day, will be dedicated to emergency care. The other surgery will be available for non emergency care. Under the restrictions a “routine” dental examination **is not** possible. The following table will detail the differences between what is routine and what is possible in Phase 3.

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| **Normal 6 Month Check up** | **Phase 3 Oral Health Screening** |
| Detailed discussion of any current dental complaints or issues | Soft tissue examination with a dental mirror of the oral cavity (excluding the throat) |
| Full visual check of all soft tissues in and around the mouth including the top of the throat | Oral cancer Screening examination |
| Oral Cancer screening examination |  |
| In depth check of the gingivae (gums) using a specific instrument to assess gum disease |  |
| Full tooth by tooth examination using instruments and pressurised air to diagnose tooth decay, fractures and faulty fillings/crowns etc |  |
| Taking xrays called “bitewings” to assess early stage decay and/or gum disease |  |
| Placement of temporary fillings prior to planned treatment appointment(s) |  |
| Full discussion of findings and discussion of plans for proposed treatments and any costs involved |  |
| Lengthier discussions about oral hygiene and self care as part of ongoing dental health |  |

These non-urgent appointments **will NOT allow** for; temporary fillings to placed, xrays to be taken, proper diagnostic examinations to be carried out, treatment planning and discussion.

This is to limit exposure time for patients and our staff. Many procedures are not permitted due to the risk of gagging. Asymptomatic Covid carriers shed mostly from the throat and gagging and coughing increase the spread of these virus cells.

If you attend for a phase 3 Oral Health Screening appointment you will still be in need of a 6 month dental check up when those are once again permitted.