TDMC TIMES

Therapeuo dental & multi specially clinic



38/39 Maker Arcade, GD Somani Marg, Cuffe Parade 400005. Call us: 22165910/11/12

Amidst the recent devastation caused by the coronavirus we at Therapeuo have dedicated this months newsletter to factual information about the virus and how you could help protect yourselves against the virus

TIPS FROM THERAPEUO DENTAL

DO's

- Wash your hands with regular goal and water as much as possible
- Maintain distance of about 3 feet from anyone who is coughing or sneezing
- Use a hand sanitizer having atlas
 60% alcohol content if hand washing facilities are not available
- Cough/sneeze into your elbows instead of your hands
- Use your elbows to push open doors
- Seek medical attention if your feeling unwell or have cold like symptoms.
- Educate your house help, staff and those around you about these measures

DONT's

- **DO NOT PANIC** or spread unnecessary fear.
- ► Touch your eyes, nose or face repeatedly especially if you have not washed your hands thoroughly
- Wear N95 masks if you're not a healthcare worker or taking care of an infected person. A regular 3 ply surgical mask will suffice
- Go into crowded places unless absolutely necessary
- Re-use any masks or cloths used to cover your face. Dispose of them in the proper manner.
- Travel unless absolutely required.

 Please try and work from home.



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THERAPEUO Transformation of the month

A big thank you to our wonderful patient Mr. Sumeet Murari.

Mr. Sumeet hails from Houston. He is currently residing in Colaba and is a marine engineer by profession.He got to know about us via Instagram

He was totally fed up with food getting stuck in between his teeth and he had visited a few dentists and had received treatment for the same. However the filling placed had dislodged leading to his despair.



Following two quick visits consisting a couple of fillings and a clean up procedure with our team he was good to go. We are glad to get him smiling again and wish him a wonderful time in the city. Thank you once again Mr Sumeet for having faith in us.

QUESTIONS PLEASE!

Should i wear my retainers while eating food - Navya Bhímraíka

Thank you so much for the query Navya. Wearing your retainers during eating though convenient is not the best idea in terms of good oral hygiene. The best thing would be to remove the retainers have your meal rinse your mouth thoroughly and put them back in.



Looking for dental answers? Message us your queries:





@therapeuodental or 6 9833142225 and we're gonna reply for sure



Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



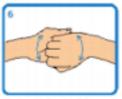
Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel







Send us you feedback, thoughts, opinions heck just say hello to us and we'd respond right away!!

Call us : 22165910/11/12 Whatsapp: 9833142225

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