

TDMC TIMES

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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 soap and water as much as possible
- ▶ Maintain distance of about 3 feet from anyone who is coughing or sneezing
- ▶ Use a hand sanitizer having at least 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 you're 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.

For a lot more information on all your dental needs. Follow us:  [@therapeuodental](https://www.instagram.com/therapeuodental)

THE RAPEUO 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 Bhimrajka*

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  9833142225 and we're gonna reply for sure



Hand-washing technique with soap and water



Hand washing should take 15-30 seconds



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

Call us :[22165910/11/12](tel:221659101112) Whatsapp: [9833142225](tel:9833142225)

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