

Dear Valued Patients,

I hope this finds you and your family happy and healthy.

Covid has created a tiring, difficult journey for everyone these past two years. I want to emphasize the safety and continued good health of every patient and my team members is always my highest priority.

Our infection control policies and procedures have been developed, modified, and updated continually over the last 40 years based on peer reviewed and accepted research, and expertise in the dental field. Our sterilization and disinfection practices have always been more stringent than the guidelines provided by the Centers For Disease Control and Prevention (CDC.) The dental office has historically been a safe treatment environment. Gratefully, this continues to this day.

Due to many factors, guidelines from the CDC are constantly changing. In Colorado, the Department of Public Health and Environment (DPHE) is tasked with interpreting these often-conflicting guidelines that are not always based on accepted research. For most of us, this has resulted in information overload that can confuse and frustrate us all.

For the purposes of clarity, I have summarized those useful policies and procedures as they pertain to the dental office. In this setting, we are primarily concerned with airborne infections.

Some of the major elements of our office protocol include:

- HEPA advanced air filters have been installed in strategic areas in our office.
- High contact areas are cleaned throughout each day.
- Masks are optional for patients to wear into the office. However we encourage you to wear a mask if you believe they provide you with better protection against airborne infections.
- For office staff, masks are only worn by our clinical team while they are treating patients. Administrative office staff are not required to wear a mask. Sadly, masks were not designed to reduce the spread of airborne viral infections. In addition, with extended wear, masks can increase the risk of hypoxia and carbon dioxide poisoning for susceptible individuals.
- We ask patients that currently or have recently had a fever and or a persistent cough refrain from coming to our office for five days.

-We ask individuals receiving a vaccine or booster of any type within the last week to refrain from coming to our office for ten days due to the potential risk of spike protein shedding.

-If your immune system is moderate to severely compromised, please do everything possible to boost your immune system before your dental appointment. Often, vitamins C, D, and Zinc are extremely useful to combat, colds, flus, and that "other virus"....SARS CoV 2. It would also be advised to avoid any enclosed public areas with poor air circulation because you will be exposed to many different things.

Again, the safety and health of our patients and my team will continue to be my number one priority

I look forward to seeing you again and want to sincerely thank you for being our patient and for your continued support. I am extremely grateful for each one of you. If you have any questions, please feel free to call the office at 303-355-6340 or email us at information@murdochdds.com.

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