



WHY I USE



EZDOC protection

Marco Antonio **Guedes**

ATTENTION: THIS PAPER DOES NOT CLAIM TO BE A SCIENTIFIC STUDY; HERE I DESCRIBE CLINICAL EXPERIENCE ASSOCIATED WITH LEARNING ACQUIRED ALONG A 33-YEAR CAREER.

Enjoy it!

I was writing my paper for this publication and then the pandemic became a reality. The rate at which the covid-19 virus was being transmitted and the number of fatal victims all over the world made me change my topic. Although I have always kept high biosafety standards and controls to avoid the transmission of infectious diseases in my office, I felt the need to establish new protocols. But finding adequate products in the market proved a problem.

The “**Why I use it**” section of this issue describes what we are using to work, protect ourselves and to keep the highest standards, as well as how to deal with the problems of excessive heat, face shield fogging and protection.



I begin with a list of what you must avoid:

1. *Non-disposable long-sleeved gowns made of fabric.*
2. *A beard.*
3. *Accessories, such as watches, rings, bracelets, necklaces and earrings.*
4. *Mask covering only the chin.*

Protection has to be more comprehensive to protect both our patients and us.

WHY I USE IT - COMMUNICATIONS

Visits should begin before the patient arrives at the clinic. All receive a message with instructions about how they should act inside the clinic and what will happen when they arrive and leave. The most important points are that they should avoid coming with an accompanying person and should wear a mask at all times during their stay in the clinic.

WHY I USE IT - CLOTHING WITH HEAD PROTECTION

We cannot take a shower every time we finish one patient's visit. As we see different types of patients, clothing should ideally cover the whole body, including head and neck. Fresh coveralls should be worn for each patient, otherwise we may promote cross-contamination between patients because of aerosol generation.

WHY I USE IT - FACE PROTECTION

The head being protected, there remains the challenge of eyes, magnification devices and headlights. I have tried several types of facial protection and only found comfort and good



performance in those that were light and did not fog. That is why I use EZDOC.

WHY I USE IT – AEROSOL CONTROL

Aerosols are undoubtedly the factor of greatest concern for disease dissemination, especially now, with covid-19. It is important to reduce the amount and control the quality of aerosols.

To reduce it, tell your patients to rinse their mouth with 15 ml of 1% hydrogen peroxide (dilute half the amount of 3% hydrogen peroxide in half of distilled water) for 30 seconds. Immediately after that, another mouthwash with 0.12% chlorhexidine for 1 minute.

To control quality, we use the EXDOC device to reduce aerosols. It is connected to the suction pump and may be used coupled to either the ESPANDEX retractor, or its own retractor while we treat the patient.

Only 100% safe practices will bring patients back to our offices

RECOMMENDED READING

1. Nota Técnica GVIMS/GGTES/ANVISA nº 04/2020. Orientações para serviços de saúde: medidas de prevenção e controle que devem ser adotadas durante a assistência aos casos suspeitos ou confirmados de infecção pelo novo coronavírus (sars-cov-2). (Atualizada em 31.03.2020). Brasília, DF; 2020.
2. Associação Brasileira de Normas técnicas. NBR ISO 13688:2017. São Paulo: ABNT; 2017.
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4. Associação Brasileira de Normas técnicas. NBR 16360:2015. São Paulo: ABNT; 2015.
5. Rubens JH, Karakousis PC, Jain SK. Aerosol and surface stability of SARS-CoV-2 as Compared with SARS-CoV-1, *N Engl J Med*. 2020 Apr 13;382.
6. Tuñas ITC, Silva ET, Santiago SBS, Maia KD, Silva-Júnior GO. Coronavirus disease 2019 (COVID-19): A preventive approach to Dentistry. *Braz J Dent*. 2020;v77.

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