

## Myanmar Dental Association

### Recommendations to member dental surgeons

23-3-2020

For being a state of COVID-19 disease outbreak potential in Myanmar, dental surgeons are recommended to follow the guidelines to prevent and control the spread of disease

1. Dental surgeons should practice strict personal protection measures and reduce droplets or aerosols-generating treatment procedures as much as possible. The use of saliva ejectors/ suction can reduce droplets and aerosols efficiently.
2. It is recommended to practice 4-handed technique.
3. At the time of COVID-19 outbreak, it is necessary to check body temperature of all staff in dental clinic and all patients as a routine procedure. Those who have high body temperature should be referred to hospital immediately.
4. Before any procedure, patients should be asked travel history to outbreak areas and contact history with suspected patients.
5. Patients and attendants should wear medical masks when they enter into dental clinic.
6. In COVID-19 outbreak area, elective dental treatments should be postponed.
7. Preoperative antimicrobial mouth rinse should be given to the patient before any procedure to reduce microbe load.
8. Avoid procedures that stimulate coughing as much as possible.
9. Avoid use of aerosol-generating dental instruments such as 3-way syringe as much as possible.
10. Since intraoral radiographs stimulate saliva and cough, use extra-oral panoramic radiography and cone beam radiograph.
11. When treating dental emergencies, rubber dams and high-volume saliva ejectors can reduce aerosols and face shields and protective goggles should be used when procedures using high- or low-speed drilling with water spray are performed.
12. If COVID-19 suspected patient has to take emergency dental treatment, he/she should be treated in well-ventilated room as the last patient to avoid the disease spread and disinfection should be done as soon as the procedures are finished.
13. When traumatic injuries have to be treated, use absorbable sutures only and refer oral and maxillofacial compound injuries to the hospital immediately.

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