

## Young Dental SF

490 Post Street, STE 830

San Francisco, CA 94102

415-392-8611

YoungDentalSF.com



Newsletter

December 7, 2020

Greetings,

We hope that you are doing ok during the pandemic

We continue to be open to provide your dental care.

With the new "stay at home" order in effect we want to make sure our patients know that as an essential health care provider we are open and plan to stay open to see our wonderful patients. We will continue to implement our COVID protocols that we started in April. Here is a review of what you can expect at your appointments and what we are doing to ensure your safety.

We have our convenient hours from 8:00am to 7:00p and most Saturdays 8-4.

- Enhanced screening for each patient prior to their appointment.
- Touchless check in and checkout procedure.
- Hand and mouth sanitizing
- Availability for virtual appointments
- State-of-the-art technology to reduce appointments
- State of the Art HVAC System with Surgically Clean Air Purification System in each Room
- Advanced sterilization protocols with HOCL Fogger to eliminate aerosol transmissions and surface treatments which binds to surfaces to kill pathogens.
- Proper PPE During Procedures and Office Work
- A Dedicated Team in the Front and Back Committed to your Health and Safety

We take your safety very seriously and we want to ensure that you do not have to miss critical appointments during this pandemic. We encourage you not to put off or delay your regularly scheduled hygiene appointments as we have seen the detrimental impacts that has had on our patients

There have been many studies in the American Dental Association, SF Gate New York Times and USA Today showing our population has an increased in tooth fractures due to clenching and grinding

There are also studies that show an increase in mouth pathogens increases the severity of COVID19 infections.

[Click here for Sf Gate Mouth COVID Link Article](#)

We are here for you. Should you have any questions or concerns please let us know.

Best regards,

Dr. Young and the Team at Young Dental SF Group

Office Closures:

December 24-27

December 31- January 3

Messages and Videos from Previous Newsletters:

[Dr Young Video Discussion on Routine Care](#)



-The The American Dental Association (ADA) and the Centers for Disease Control (CDC) recommend routine dental care during COVID19 when the proper protocols are being followed. These protocols include the new PPE guidelines and office guidelines as well as screening of patients and the dental Team. The dental team is well trained to manage Patients with medical issues and we have now implemented our new COVID19 protocols set forth by the CDC and ADA.

In early August The World Health Organization (WHO) put forth guidelines to delay dental care in areas of a COVID outbreak and where proper guidelines cannot be followed. This is not the case at our office in San Francisco, CA and many offices around the country. The ADA put forth a statement that they Respectfully Strongly Disagree with the WHO recommendations. We are now seeing there are increased hospitalizations and death in COVID patients with periodontal disease. Patients with Periodontal disease have inflammatory cells called Interluken - 6 produced from a bacteria called P- Gingivalis. These Interluken -6 cells cells goto The lungs , heart, blood vessels and other organs. These inflammatory cells cause a COVID19 cytokine storm that attacks the body.

Doing routine dental care will decrease the presence of these cells and decrease the severity of COVID if you do contract it. We hope that you are all doing ok. We encourage you to receive your routine dental and look forward to seeing you soon.

Please contact us if you have any questions.

[Recent Article in SF Gate on COVID Oral Health Connection](#)

Best regards,.

Dr Matthew Young

## From Previous Emails

### **Dr Sara Kayeum**

Many of you have had the pleasure to meet Dr. Sara Kayeum. She has been full time at our office for the last year and a half. She is originally from Connecticut and a Graduate of University of Connecticut School of Dental Medicine. She also completed a rigorous Hospital based Residency Program in New York City. She provides excellent care for Cosmetic Dentistry, Restorative Dentistry, Clear Aligner Orthodontics (Clear Correct and Invisalign), comprehensive care and Preventative Hygiene Care.

[Click Here Welcome Introduction Video from Dr. Sara Kayeum](#)



[Click here Video on PPE by Sara Kayeum and Dr Jasmine Flake](#)

## Dr Jasmine Flake



[Welcome from Dr Jasmine and Preventative Care Video](#). She will review the procedures and equipment we use to provide safe and effective preventative procedures including your hygiene visits

## Advanced Scheduling Confirmation

We are doing advanced hygiene appointment confirmations for our appointments in July, August and September. Many of these appointments were made before COVID19. Many of your schedules have changed and the scheduled appointment may not be the most convenient for you. We will also send you information to start the screening process. Please let us know if you no longer want to keep your cleaning appointment or you want to move it to a different day. **If we have not heard back from you within six days of your appointment we will have to cancel your appointment. The appointment can be rescheduled. This will allow us to be compliant, safe and efficient. We cannot permit appointments which have not been fully screening prior to the visit.**

Here is a video of our COVID19 Protocol Updates

[Dr Young Video COVID19 Guidelines](#)



- If you would like to come in for a visit please contact us directly by phone (415-392-8611), email ([info@YoungDentalSF.com](mailto:info@YoungDentalSF.com)) or you can book through our website at [YoungDentalSF.com](http://YoungDentalSF.com). If you have an upcoming appointment we will contact you to go through the screening process and see if the appointment time still is convenient for you.

In past emails we have discussed our new COVID protocols and guidelines, COVID testing and Our Team Respirator Fit Tests. This week I thought I would also share my Quarantine Haircut by my daughter Lily and son Joseph. They got me CDC ready to get back into practice last month. . They have had a really difficult time during this pandemic. Hopefully you can also support them once they are open again.

[My Quarantine Haircut](#)



San Francisco has increased their Free testing for COVID19 for essential workers and anyone that has any symptoms or concerns. There are drive up locations in Embarcadero and Soma. For information on testing here is the website information.

With their consent I did a video of the test. You should not take photos or videos of others during this test.

## [COVID Swab Test](#)



<http://Www.Sf.gov/GetTestedSF>

ou may submit any additional requests or obtain information at <http://www.sf311.org> or call 3-1-1 in San Francisco 7 days a week, 24 hours a day. For 24 x 7 assistance outside of San Francisco, please dial [\(415\) 701-2311](tel:4157012311). For TTY, dial [\(415\) 701-2323](tel:4157012323).

CA Testing Centers for San Francisco and Around the entire state if that is more convenient

<https://lhi.care/covidtesting>



I took advantage of this program on Monday. I went onto the website. It was quick and easy to use. There were many appointments available that day and this week. I provided my health insurance. If you don't have insurance they will still test you. There was no cost to me. I did the drive up test and it took about 15-20 minutes to go through line and take the test. The whole process was very seamless. I received a notice 36 hours later by text. I entered my secure information and received the information I was negative for COVID19.

This was a good process. I highly encourage to take the test if you are an essential worker or getting back to the office. It allows symptomatic or non-symptomatic people to protect themselves or others, If you have had a recent negative test this would be an ideal time to have your dental treatment performed. You can also pick a testing center where you walk up in several locations in the city.

For our office we have continued to follow the guidelines of the California Department of Public Health and the CDC Guidelines. Our Team had training last week for Respirator Fit Training. We did the two sessions to allow for social distancing. It was good to see our Team back again. We have been rotating shifts to provide more distancing and also doing weekly Team Zoom Calls. This was a good time to see the Team getting back together again. We also look forward to seeing you where we can provide safe and effective care.

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Here is our [Video from our Respirator Fit Test](#)



### For our Office Screening

You will be taken through the screening questions on the phone. If you have a fever, persistent cough, GI upset, loss of taste or smell or have been in contact with someone with COVID-19 or you have COVID-19 currently do not come to the office. We will also be screening our staff daily. Your temperature will also be taken when you arrive. We also have the option of tele-dentistry to discuss your needs and concerns prior to visiting the office.

There are patients that are still at high risk. Those include, but are not limited to those with co-morbidity, respiratory issues, asthma, diabetes, obesity and age over 60 years old. If you are in one of those categories we will discuss with you the risk of care and traveling to the office.

While we are resuming expanded care please be patient with us. Your visit may take longer as we are going through our new protocols. If you have a change in your insurance or medical history please let us know this before your visit. We can get the paperwork started to make your visit more efficient.

We look forward to seeing you soon.

Best regards,

Dr Matthew Young and your Young Dental SF Group Team



To ensure your safety and those of other these are Changes You May See Scheduling your next visit and at the Office:

1. You will be asked the recommended Screening Questions before scheduling an appointment. See Below for Questions
2. Your temperature will be taken upon Entrance to the office
3. Adhere to six feet of social distancing. We have removed remove chairs in the waiting room. We have also placed blue tape for check in and check out areas.
4. There will not be magazines or Brochures in the waiting room. If you use the pens- Please keep it! They are good pens for you to have. If you take a business card please don't put it back
5. We will be frequently cleaning all surfaces in the front and back.
6. Please allow extra time for these safety protocols. We appreciate your patience as we move through this phase
7. Please don't bring companions unless absolutely necessary as it creates more people in the office. Please talk to us before if you are concerned so we can work to accommodate your need [Office Social Distancing Protocols](#)
8. Please Use surface disinfectant when using the bathroom.
9. Even with these protocols in place there is a risk of spreading the COVID-19 by traveling to the office and interactions with the Team. Our dedicated team is here to help you with your emergencies and Hopefully prevent problems and pain from worsening requiring visits to the ER or Hospital
10. Apple Pay is available for Touchless Payment System. We also have a secure online payment system with Authorize.Net Through Chase Bank.



You will be asked these screening questions prior to coming to the office and when you come to the office. If you have medical issues which make you high risk and susceptible to COVID-19 please inform us.

1. Have Tested positive for COVID-19 and if yes-
  - A. The date when symptoms began to abate- 2 weeks minimum
  - B. Are symptomatic and currently under mandatory Isolation

2. Are Currently experiencing, or have experienced in the last three weeks, signs of acute Respiratory illness such as coughing, fever and shortness of breath, flue like Symptoms, GI Upset.

3. Have you experienced a recent loss of Taste or Smell

4. Do you have any Heart Disease, lung Disease, Kidney Disease, Diabetes or Auto imune Disorders?

3. Have had close contact with an individual diagnosed with COVID-19 or with symptoms

Here are Signs that you will see at the office as a reminder of the Protocols:

[COVID-19 Stop The Spread Notice to Patient and Staff](#)

[Stop the Spread of Germs](#)

[\(415\) 392-8611](#) | [Email us](#) | [Visit our website](#)

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