

Steps to Pre-Operative Dentistry

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Suggested Pre-Operative Steps to Reduce the Spread of Aerosolized Particles

- Plan and get organized before starting the procedure:
 - Plan and prepare materials and instruments before the patient is in the chair to avoid unnecessary exposure.
 - Use a rubber dam for isolation – studies show that rubber dam reduces spread of airborne particles by 70% in a 1m diameter area of the operatory field.
 - Put dam in place early, preferably before start of cavity preparation.
 - Be sure to select the shade of material before placing rubber dam. Also, check occlusion, contact points and the mirror tooth. Take images on a phone if necessary.

Pre-operative Rinses

- There are various suggestions as to pre-op rinses.
- Pre-op rinse should come before placement of the rubber dam.
- In general, it is suggested that non-oxidative agents such as chlorhexidine have low efficacy and so should not be considered.
- Rinses most recommended are oxidative rinses, such as 0.5-1% Hydrogen Peroxide or 0.2% Iodine for one minute rinse, though there are some that question the efficacy of these rinses because the evidence is very scarce and they were not tested against SARS-CoV-2 orally. Available evidence comes from use with other diseases/viruses.
- There is no harm using these rinses so long as patient is checked for allergies first.

In Summary

1. Plan ahead
2. Use Hydrogen Peroxide rinse
3. Check shade of material
4. Test contacts and occlusion
5. Place rubber dam early