

UW DECOD Clinic Teledentistry Appointment Guide

Thank you for choosing the University of Washington DECOD Clinic. This pamphlet gives a brief overview of teledentistry appointments. If possible, please send photos of any area of concern prior to the appointment. Please email photos to: decod@uw.edu

Contact:

**University of Washington
DECOD clinic**

Telephone: 206-543-4619

Fax: 206-221-5276

Address:

1959 NE Pacific Street
Room B-323
Seattle, WA 98195-6370

Step 1: Phone Interview

We will call you to review:

- Your concerns about your mouth
- Your dental history
- Your medical history
- How to connect to the Zoom meeting

Step 2: Zoom Interview

We will meet you over Zoom for a video interview and exam. We will review:

- Follow up with your dental concerns
- Follow up on your dental history
- Follow up on your medical history
- Exam instructions
- Recommend next steps

A Zoom account is not necessary, you will be emailed a secure Zoom meeting link.

Exam

The goal of this exam is to understand how we can best help your needs in clinic. Some people can not complete the entire exam and that is okay.

- Use a phone
- Have a toothbrush and gloves available
- Do NOT use a flashlight, it washes out the camera quality
- We will guide you through the exam

Safety is a priority

- Avoid placing fingers between teeth
- Take breaks as needed

Tips on using the toothbrush during the online exam

- Hold toothbrush with a gripped fist and place straight into mouth on the inside of one cheek
- Point the toothbrush bristles toward the teeth so the bristles do not hurt the cheek
- With the brush, pull the cheek out to the side
- Use a pull force instead of a push force when moving the cheek
- Move hand sideways while holding toothbrush; this helps us see your mouth better
- Move toothbrush up or down depending on the area of mouth being viewed

