

31/10/2020

**Dr. Amrit Singh Ahluwalia B.D.S., M.D.S. (Cons. Dentistry and Endodontics), Reg No: DDC/A-8937**

### Reason for Appointment

1. NCV VC

### Assessments/ Health Conditions Identified

1. Impacted teeth - K01.1 (Primary)

Subject to clinical correlation.

### Treatment

#### 1. Impacted teeth

Start ZIFI-CV FILM-COATED TAB, twice daily after meals, 05 days

Start ZERODOL-SP FILM-COATED TAB, twice daily after meals, 05 days

Start VIZYLAC CAP, twice daily after meals, 05 days

Clinical Notes: adv- x-ray wrt 48 & start medication.

### Wellness Plan

Clinical Data:

Preventive Education

Given Yes

Mouth is the easiest entry point of any bacteria/virus/fungi Avoid touching your mouth with your hand repeatedly.

Wear a mask whenever leaving your house

Brush two times a day to maintain good oral hygiene

Brush atleast three minutes each time

Rinse and gargle with salt in luke warm water after every meal

Use a betadine/ chlorhexidine mouthwash to keep your mouth healthy

For any kind of oral health issue, please reach out to us

we expect you to visit the clinic, after the lockdown is over for a proper dental check up, and please take up regular dental scaling every 6 months to 1 year once for better oral hygiene as this will prevent many dental issues that may set in if left with no care (which will be cashless in hcl healthcare).

### Next Suggested Appointment

sos

### History of Present Illness

#### Phase 3 Health Index:

? CONSENT: the patient/ consult beneficiary has been informed and explained about the telemedicine (that is, the facility of virtual consult/tele-consult through a tele-health mode such as video call, audio call, email, messaging etc.) including its benefits & limitations, and the rights & duties of the provider and the patient as per the statutory guidelines for the same and the provisions contained therein); and after having understood it, the patient has given his/her informed, verbal consent for this virtual consult/tele-consult through telemedicine/tele-health mode.

? DISCLAIMER: This virtual consult/tele-consult has been done through telemedicine/tele-health mode as per the statutory guidelines and for the same, utmost care was taken to address the concerns and the clinical requirements of the beneficiary/ patient as best as possible, but within limitations of this method of virtual consult, where physical examination was not possible through this mode. CONSENT: the patient/ consult beneficiary has been informed and explained about the telemedicine (that is, the facility of virtual consult/tele-consult through a tele-health mode such as video call, audio call, email, messaging etc.) including its benefit.

### Current Medications

Not-Taking/PRN

- Other Medications, Notes: zomelus met 50/1000
- MECOBAL-OD TAB 1500mcg once daily at night

Unknown

- MEGANEURON-OD PLUS CAP once daily at night
- CETAPIN-XR ER TAB 1000mg once early morning twice daily
- ROSUVAS FILM-COATED TAB 10mg once daily at night
- Medication List reviewed and reconciled with the patient

## Allergies

mango

kiwi: anaphylaxis

## Past Medical History

DIABETES MELLITUS.

HYPERLIPIDEMIA.

VIT D DEFICIENCY.

DERANGED LFT.

## Surgical History

No Surgical History documented.

## Hospitalization/Major Diagnostic Procedure

No Hospitalization History.

## Family History

Mother: alive, diagnosed with Diabetes mellitus without mention of complication, type II or unspecified type, not stated as uncontrolled

Father: alive, diagnosed with Unspecified essential hypertension, Diabetes mellitus without mention of complication, type II or unspecified type, not stated as uncontrolled

Maternal Grand Father: deceased, diagnosed with Diabetes mellitus without mention of complication, type II or unspecified type, not stated as uncontrolled

Paternal Grand Mother: deceased, diagnosed with Diabetes mellitus without mention of complication, type II or unspecified type, not stated as uncontrolled

Paternal Grand Father: deceased, diagnosed with Diabetes mellitus without mention of complication, type II or unspecified type, not stated as uncontrolled

## Social History

### Social History:

#### Physical Activity

Do you participate in at least 150 minutes of moderate-intensity aerobic activity at least 75 minutes of vigorous-intensity aerobic activity, or an equivalent combination weekly? *No*

Do you participate in at least 150 minutes of moderate-intensity aerobic activity at least 75 minutes of vigorous-intensity aerobic activity, or an equivalent combination weekly? *Yes*

#### Sleep

Do you sleep for at least 6 hours daily on an average? *Yes*

Do you sleep for at least 6 hours daily on an average? *Yes*

#### Smoking -

Do you smoke? *No*

Do you smoke? *No*

#### Tobacco -

Do you chew tobacco? *No*

#### Alcohol -

Do you consume alcohol? *Yes, socially*

Do you consume alcohol? *No*

#### Stress

Over the last 2 weeks have you been bothered by the feeling of nervousness, anxiety, being on edge, or not being able to stop or control worrying? *No*

Alcohol- twice a month (whiskey with water)

non veg- chicken and fish 4 days a week

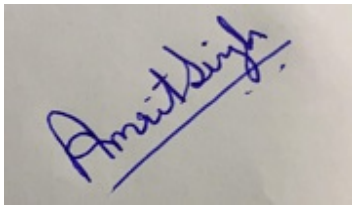
Water Intake : 2 L/day

Sedentary Lifestyle.

## Examination

### General Examination:

ORAL CAVITY: 48 impacted.



Electronically signed by Amrit Singh Ahluwalia on 31/10/2020 at 10:37 PM IST

Sign off status: Pending

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HCL Healthcare Noida SEZ Center  
3A Sector 126 Noida  
Noida SEZ UP 201301  
Tel: 0120-4543570  
Fax:

HCL Avitas Pvt. Ltd.  
Registered Office Address: 806 Siddharth 96, Nehru Place, New Delhi - 110019, India  
CIN: U85100DL2011PTC264453  
Website: [www.HCLHealthcare.in](http://www.HCLHealthcare.in)

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Patient: Jauhari Amit DOB: 21/06/1984 Progress Note: Dr. Amrit Singh Ahluwalia B.D.S., M.D.S. (Cons.  
Dentistry and Endodontics), Reg No: DDC/A-8937 31/10/2020

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