



BEE CAVES DERMATOLOGY



MARY ANN MARTINEZ, M.D.

www.BEECAVESDERMATOLOGY.com

512-329-6090

COVID-19 Update - OPEN for business TELEMEDICINE available

Dear Bee Cave Dermatology Family,

We hope this email finds you all healthy and safe. We want to update you on a few items.

- **In office visits:** We are currently open and seeing well / healthy patients. When you call to make an appointment, you will be asked COVID-19 screening questions. We have made extensive changes to our schedule to limit the number of patients in the office at any given time. Upon arrival , you will be placed in a private sanitized exam room and your temperature will be taken. Dr. Martinez will see you, with a mask and gloves. The room will be sanitized before and after you leave. If you need to cancel or reschedule appointments we ask that you give us at least 48 hours notice. If you are running late, please call and let us know as we may ask that you reschedule to a later time etc.
- **Telemedicine:** We are now offering telemedicine service. If you are interested in this service because you are considered high risk for COVID-19 (immunosuppressed, over the age of 60, or are showing signs of illness etc) please call for details and scheduling. It is best if you have a laptop or PC; we have found that reception and picture quality is not as clear with mobile phone / I Pad / tablet. Please be mindful Telemedicine is NOT available on all insurance plans. **Please call your insurance before scheduling to ensure they are following the State of Texas waiver for Telemedicine. If your claim is denied you will be responsible for the billed charges.**

Medication Updates:

- **Spironolactone:** Recent data has shown that patients on spironolactone may be at higher risk for worsened infection if they are infected with COVID-19. Therefore, as a precautionary measure, I ask that you discontinue spironolactone now. Keep up with your other acne medications (topical, oral contraceptive, antibiotics etc) If your acne flares and you need a new plan of care please call and we can schedule an in office appointment or telemedicine visit.
- **Isotretinoin:** There is no need to stop isotretinoin during the COVID-19 pandemic. If you develop cough, fever, congestion etc . , see you PCP first , then if you are diagnosed with COVID- 19 you will need to call us and let us know and I would advise stopping the isotretinoin at that point.

- **Biologics for psoriasis, hidradenitis suppurativa (Humira, Enbrel, Taltz, Cosyntex):** At this time if you are asymptomatic and have no signs of COVID- 19 the American Academy of Dermatology has reported that it is safe to remain on your biologic medicine. If you develop cough, fever, congestion etc . , see you PCP first , then if you are diagnosed with COVID- 19 you will need to stop the medicine. If you have a regular cold, allergies etc there is no need to stop your medicine.
- **Ibuprofen:** Recent data has shown that over the counter NSAIDS including ibuprofen may increase the risk for worsened infection if you are infected with COVID -19. Therefore , for aches/ pains, headaches etc. , I recommend Tylenol / acetaminophen.

Cosmetic Updates - Skin Care Products 10% OFF

- **Botox, Fillers, Chemical Peels:** We are still offering these procedures and have allotted time in the schedule for private room sanitation . When you call to make an appointment, you will be asked COVID- 19 screening questions. We have made extensive changes to our schedule to limit the number of patients in the office at any given time. Upon arrival, you will be placed in a private sanitized exam room and your temperature will be taken. Dr. Martinez will see you, with a mask and gloves. The room will be sanitized before and after you leave. If you need to cancel or reschedule appointments we ask that you give us at least 48 hours' notice. If you are running late, please call and let us know as we may ask that you reschedule to a later time etc.
- **Skin Care Products 10%off:** If you are in need of your skin care products from the office, please call and place your order. We will accept payment over the phone and your order will be ready for quick in and out pick up. In addition, we are offering **10% off** all product sales.

We feel confident that we all will get through this. Please practice social distancing, wash your hands frequently, clean your home and work spaces. Do not touch your face , nose, mouth and do not pick your skin. If you feel that you are having symptoms of cough, congestion, shortness of breath or fever (T 100.3 F) please see your PCP.

As of today 3-24-2020 we are still operating and seeing patients. If there is a shelter in place order, we are considered healthcare and therefore essential and will remain open to help you as long as we are able.

Stay safe and Bee Well!

Mary Ann Martinez, M.D.
Valeri and Sarah
Bee Caves Dermatology
512-329-6090
