

Specialist spotlight



Nilesh Parmar reflects on his dental journey so far

Which areas of dentistry do you dedicate yourself to?

I carry out all aspects of clinical dentistry but my main focus is on implant dentistry and providing multi-disciplinary treatment plans.

I dedicate about 70% of my time to implants. I find it the most rewarding form of dentistry; you are effectively replacing a missing part of a person's anatomy to almost full functionality. Implants enable patients who have lost their teeth to be able to eat, chew and speak comfortably, just as they did when they had their own teeth. It is this ability of implants that fascinates me and it gives me a great deal of satisfaction. I look forward to the fit appointments most.

What attracted you to these areas?

I had a slightly different career pathway from what I initially intended. My plan, as an undergraduate, was to qualify, work in mixed practice, do a four-day week and have plenty of holidays. Things didn't quite work out like that; I put myself on a path of challenging postgraduate university courses that has really helped in every aspect of my career. The turning point was when I was an SHO in oral surgery and restorative dentistry at King's. It was here that I was able to work for Mr Martin Kelleher, who really inspired me and encouraged me to pursue a postgraduate career.

My father is also a dentist, and with his encouragement and support I was able to complete a Masters in prosthetics at the Eastman, followed by another Masters in implant dentistry at Guy's. I found my time in these two institutes a

great contrast, but I had the opportunity to work with some of the UK's greatest consultants and professors.

What skills have been essential to your success?

I don't know if I have succeeded yet! I still think of my career as a 'work in progress'. What has helped me the most is having a great working relationship with my father. Having an almost unlimited amount of support and encouragement has been the biggest boost in my career. My father has a hardworking work ethic and I think it has rubbed off onto me. People call us workaholics, but if you like what you do, it isn't really work!

Implant dentistry requires good patient communication. The provision of implants can be a lengthy and expensive treatment, which patients need to be fully aware of. More importantly, they need to be aware of their responsibility in maintaining their implants in the long-term. Patients can think implants are a 'fit and forget' solution – it's these patients who need to be made aware of the big picture.

What's your favourite equipment?

I work in two practices and am always giving training courses or mentoring. Sometimes it's hard to know where you are supposed to be, which is why my iPhone is my most important tool. It is always by my side and carries all the information I need!

In the surgery, it would have to be my loupes, digital X-rays, my Sirona Galileos CBCT machine and my Canon DSLR.

Which field of dentistry would you recommend to other dentists?

Implant dentistry is a very challenging area, as the dentist needs to be proficient in all the other specialities. With proper training and hard work, it can be a rewarding and satisfying treatment to carry out. I definitely recommend it to any other dentist wishing to expand their treatment portfolio.

If you could have your time again, would you do the same things?

Although my career pathway has deviated from what I expected, I am happy with the way things have worked out. I still have a lot to learn, and know I still have a long way to go, but I am enjoying the journey.

Do you accept referrals?

I happily accept referrals for implant and restorative treatment in London and Essex. Visit my website (www.drnilshparmar.com) for further details. [PD](#)

FACT FILE

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