

Five minutes with...

Why did you decide to become a dentist?

It wasn't my first choice: when I was a kid, I originally wanted to be a detective (I watched a lot of *Miami Vice*). After being offered a Saturday job in my Dad's dental practice, (which was very lucrative at the time when compared to a paper round), I started to get interested. I worked up from shed boy, to receptionist, to dental nurse. This helped me a lot as I knew exactly how a practice needed to be run before I was 18. When the time came to choose my A-levels, dentistry seemed like a sensible idea.

How and when did you get involved with implants?

My first exposure to dental implants was when I was an SHO at King's. My consultant had me treating peri-implantitis around two lower implants. I was fascinated, seeing a man-made object protruding from someone's jaw. I was hooked!

What's your favourite part of practising dentistry?

Can I say all of it? I really enjoy what I do, and drive all my friends mad with my dental-related chatter. I like finishing big cases, and fitting bridges and crowns to implants is really rewarding. I am lucky that where I work I have some lovely patients – sometimes it feels like they have just come in for a chat as opposed to any dentistry.

And what do you find the most frustrating?

Bureaucracy! Dentists are drowning in it; all I want to do is fix and replace teeth, not paperwork! I have a great team of people at my practice who take care of most of the red tape, leaving me to do my clinical work. I think you can either be a clinician or a manager; you can't be both.

What do you like most about implants?

I like the fact that they successfully and reliably replace a missing part of anatomy. No other field of medicine can replace a missing body part with as high a success rate and longevity as dental implants. I have seen patients have their quality of life transformed after implant treatment and feel privileged that I am able to offer that level of service.

How do you manage your time – what's your typical working day or week?

My weeks tend to be pretty long: Monday through Wednesday I am in Southend working in my practice, catching up with emails and treatment plans in the evenings. My Wednesday clinical session usually runs until 7pm, after which I go home and have dinner with my parents. I then drive to my place in London ready for my Thursday implant list at Sparkly Smiles in Blackheath. Fridays alternate between me being at Warwick University doing my Ortho MSc or working as a clinical coach for Astra Tech. I work every other Saturday in my practice in Southend. It's a pretty busy week and I am lucky that I don't need a lot of sleep.

How do you unwind?

I am a real gym nut, I try to go about four times a week if I can, doing a mixture of classes, cardio and free weights. I got my pilot's license a few years ago and am currently trying to get my helicopter license as well: it's a lot harder than flying a plane. I have a love of fast cars and try to get to a track day or supercar meet once a month. My hobbies are bit of an expensive indulgence but what's the point of working hard if you can't spoil yourself once in a while?

What skills do you think a good implant dentist needs to have?

Multi-disciplinary skills! Implantology comprises all aspects of dentistry: you need to be a good surgeon; take good impressions; be a good restorative dentist, and above all else, a good communicator. All of that requires lengthy and structured training. I am fortunate as I have been trained by the best and continue to try and learn from those more experienced than me.

What sort of cases do you most enjoy treating?

I really enjoy treating people who lost their teeth early on in life and have been wearing a removable prosthesis for a long time. The improvement in the quality of life for these individuals is amazing!

Is there one particular case you're most proud of?

A few come to mind. One particular case is a lady who had worn a denture for almost all of her adult life and was always told that implants were not possible. After some expert hip grafting from a



Name: Nileshe R Parmar
Qualifications: BDS (Lond) MSc (ProsthDent) MSc (ImpDent)
Lives: London and Southend-on-Sea
Family: Not married yet!
Clinical interests: Implants, tooth whitening, CBCT including digital dentistry and Cerec
Hobbies: Car nut, pilot, and gym addict

We speak to **Nilesh R Parmar** about his love of implant dentistry, his favourite implant project, and becoming a helicopter pilot

// I have seen patients have their quality of life transformed after implant treatment and feel privileged that I am able to offer that level of service //

maxillofacial surgeon, we were able to provide her with a fixed implant solution. She was able to comfortably eat her first meal without a denture in over 20 years. That was a proud moment, and made me remember why I got into dentistry in the first place, to help people! I think it can be easy to forget that sometimes.

Who do you admire in implant dentistry/general dentistry/life?

First and foremost it has to be my father. He has always encouraged me from day one, and is one of the most naturally gifted dentists I have ever seen. We work together on a daily basis and one day I hope to be able to cut a crown prep as well as he can!

As a real Formula 1 fan I would also have to say Ayrton Senna. I think he can be summed up from his quote: 'Coming in second is being the first of the losers.' I really admire his desire to win and be the best.

What do you have left that you want to achieve in dentistry?

A lot! From an academic side I have lots and lots of learning to do. Once I have completed my orthodontics programme I plan to study one more speciality, then who knows. From a business side, I want to design and build my own bespoke private practice; I have some pretty awesome ideas but am just waiting for the right time to execute them. Watch this space!

What advice would you give to dentists looking to get more involved with implants?

Implant dentistry is an immensely rewarding and challenging discipline. I would recommend all dentists get the best quality training they can before they start placing implants on their own patients. Organisations such as the ADI have a fantastic list of mentors who can help you through your first few cases. Failing that, come and speak to me – I am always happy to help anyway I can.

Where do you see dental implants going in the next 10 years?

I would like to see the introduction of a specialist list in dental implants followed by a recognised career pathway for dentists wanting to become involved in implantology. Whether or not this will happen is anyone's guess. From a clinical side I see more guided implant placements, advances in bone graft materials, and the use of PRP and BMP becoming more routine. **I**

Take five

And finally... what five implant products couldn't you do without?

1. Canon EOS 550D, 60mm EF-S Macro lens and Canon ring flash:

A picture speaks a thousand words; the same can be applied to dentistry. Showing patients before and after pictures is a great practice builder. It also forms an important part of the patient's records. I have tried various configurations, but have found the Canon works best in my hands.

2. Cerec AC Blu Cam:

You either love them or hate them, and I personally cannot work without it. The Cerec solution lets me provide cosmetic, resilient and fast restorations for my patients. It also greatly reduces my monthly lab bill while delivering quality work.

3. Sirona CBCT Galileos machine:

Most of my work revolves around placing and restoring dental implants. In certain cases, placing implants without a CBCT can be akin to driving without your headlights on. The reduced radiation dosage and simple software of the Galileos machine is a fantastic clinical aid in treatment planning big cases.

4. Orasoptic loupes:

I always resisted using loupes as I didn't want to become reliant upon them. I finally gave in last year and now have two of them. If you haven't worked with a good quality set of loupes before, it's a must! It's like doing dentistry in HD.

5. My iPhone 4S:

It's never further than six feet from my side: my entire life is on it and without it I would be totally lost! The same could be said about my MacBook Pro; I am a real Apple fan boy and find its products perfectly fit into my lifestyle.