

I COULDN'T DO WITHOUT...

NILESH PARMAR'S TOP CHOICES



Dr Nilesh R Parmar BDS MSc MSc was voted Best Young Dentist in the East of England in 2009 and runner up in 2010. He was short-listed at the Private Dentistry Awards in the category of Outstanding Individual 2011. His main area of interest is in dental implants and CEREC CAD/CAM technology. Nilesh runs a five-surgery practice close to London and is a visiting implant dentist to two central London practices. Nilesh was voted the 8th Most Influential Person in UK dentistry by Dentistry magazine 2012, the youngest person in the top ten. www.drnilshparmar.com

Award-winning young dentist Nilesh Parmar picks out the most valued tools used in his practice



1. CANON EOS 550D

A picture speaks a thousand words; the same can be applied to dental photographs. 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 that the Canon with a 60mm EF-S Macro lens and Canon ring flash works best in my hands.

2. 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.



3. CEREC WITH BLUECAM

You either love it or hate it; personally I 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 whilst delivering quality work.



4. NSK AS450L HANDPIECE

These are air rotors where the air flows out through the rear making it safe to use in surgical areas without the risk of subcutaneous emphysema.



5. 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 pairs. If you haven't worked with a good quality set of loupes before it's a must! It's like doing dentistry in HD.

FACTFILE

1. Canon

www.canon.co.uk

2&3. Sirona

www.sironadental.co.uk

4. NSK

www.nsk-uk.com

5. Orasoptic

www.orasoptic.com