

# NEWSFEATURE

# What's in my surgery?

Dentistry asks leading clinicians in the UK what their products of choice are. In this issue, we talk to **Nilesh Parmar**

Nilesh Parmar has built up a reputation as a highly skilled dentist. He believes using up-to-date technology is one way that can assist him when treating patients at the high standard he has set.

For Nilesh: 'If Tony Stark [from Iron Man] had a dental practice, that's what I'd want mine to look like.' And Dentistry has the pleasure of finding out first hand what products he has acquired to make his surgery into a gadget filled masterpiece that could rival any Hollywood blockbuster.

## Chair

Teneo from Sirona



This is a top of the range chair. It's like the Rolls-Royce of dental chairs.

The chair isn't frumpy at all. There is a foot pedal that is connected via bluetooth; so there is no wire getting in the way. And it's all controlled with a touch screen.

One of the chair's functions is a back massage that really helps to calm the patients down. It also has an LED light on it, which is cost effective as it uses less electricity than the normal halogen lights.

The back of the chair moves up and down really smoothly and this is great for patients with back problems.

It's an awesome chair, a real slick kit.

If I could change anything about the chair I would have wanted a wider range of colours to choose from. You know how Porsche or Ferrari can customise things – I want it to be like that.

I also want an iPod dock on the chair and have tiny little speakers where the headrest is so that patients can listen to their own music and not the sound of the drill. I like this idea; watch this space and see where I take it.

## Loupes

Orasoptic XVI loupes

This is the only loupes with a light on top I



know of that doesn't have a separate battery pack. This is the first loupes that actually has the battery pack built into the frame, so you don't have a wire to work around. And with this the light is in perfect position in the middle and it always beams down the centre.

I almost can't work without it, or if I did it wouldn't be fair to the patient because I wouldn't see as well. You feel as if it's a moral duty to use them, otherwise you are doing your patient disservice.

It would be nice if they could make it a bit sexier. I'm not saying get Gucci to design them, but at least get somebody to design loupes that don't look like they were made in the 70s.

## CAD/CAM

Cerec Omnicam from Sirona



There are two parts to this: a computer on the trolley with a little camera on it and then the milling machine. If you were going to have a crown or a filling, instead of taking a mould like you normally do, you scan the tooth with the camera into the computer, design the restoration and then beam that to your milling machine. You can mill your own restoration in about 15 minutes.

It is great for patients as most don't like having impressions taken. I can also email the image to the lab, which saves loads of time. The lab has even been able to suggest changes when the patient is still in my surgery. It means you don't have to redo an

impression and that is better for the patient.

In the long run it's quicker and it reduces your lab fee. In short-term the machine and kit is close to £100,000 but once you've got it and use it properly it really does pay for itself.

Any changes... like with all computers sometimes it can be a bit temperamental so I'd like that to stop if possible. It's also expensive and there is a steep learning curve to using it.

## Injection systems

Digiject from Digiject



This is a painless injection system and I've always been a bit suspicious of these.

But I tried it on some patients who were having work done. I used it on their top left side and used the conventional method on the top right side. I've done this on about 10 patients and with Digiject they could barely feel anything. One patient was a veterinary nurse – she was quite clued up on injections – and she said she didn't feel anything. She even wanted to know if she could get it to use on her dogs.

Digiject is pretty awesome. I'm really impressed with this and it uses normal cartridges and normal needles.

## Device to measure implant stability

Ostell ISQ machine from Ostell



When you place a dental implant you normally wait three months to place the crown, but the implant hasn't always integrated into the jaw bone. This machine will tell you when it has.

You screw a peg into your implant and using a resonance frequency analysis send a

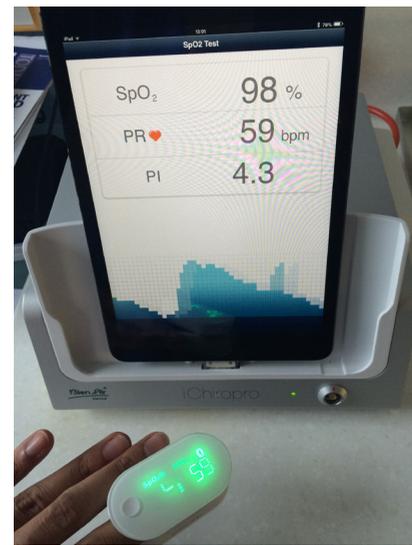
little vibration down the peg and the Ostell measures the response. Depending on the vibration you get back, you know how integrated your implant is. You are given an ISQ reading: the higher the reading the more integrated the implant is. So anything above 60 means your implant is integrated.

Instead of the guesswork it gives you a numerical quantitative value. It's not perfect and it's still open to interpretation but a lot of the research papers are using this ISQ value to estimate implant integration.

There are a few others on the market like this but this one was quite neat and you can sterilise the pegs and reuse them and it seems to be the one that had the most research behind it. In terms of the product, I think it would be nice if the unit was a little bit more touch screen. I would also like to be able to input patients' names and details on the unit itself and record the integration. At the moment, I put the ISQ onto a spreadsheet. If the machine did that and integrated with my patient management software it would be easier.

## Pulse oximeters

Bluetooth finger monitor from Ihealth Lab



When you sedate a patient you need to have their vitals monitored. I've got a finger monitor that is connected to my iPad via bluetooth. Because it's on a big screen you can actually see the patient's VATS without having to look at their finger and you can record it as a graph; it's a really simple application of bluetooth. I think applying all of these modern day technologies to the dental environment is important and the companies who do better understand that.

## How do I choose my products?

Normally, if I see a product that I think I might like either in an advert, at a show or from a recommendation I'll ask a rep to show me how it works.

You want them to bring it in so you can have a look. My ethos is I can't do the best work unless I have the best technology so nothing in my surgery is older than five years. If there's a gadget, I've got to have it. **DI**

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Currently studying for his MBA, Nilesh runs a successful seven-surgery practice close to London and is a visiting implant dentist to two central London practices. For more information, visit [www.drnileshparmar.com](http://www.drnileshparmar.com).

