

Sit back and relax

Nilesh Parmar looks at the essential elements required when choosing your dental chair



Dr Nilesh Parmar with his preferred dental chair



The Sirona Teneo treatment centre

Whether starting from scratch or giving an existing practice a makeover, the entire 'surgery design' process, from choosing the right equipment to a complete installation, can be time consuming, taxing and tiring. But it isn't just the dentist's feelings that need to be taken into consideration, the patients' needs should be foremost.

You could easily spend valuable time and hard-earned cash on investing in the right equipment but if the patient doesn't feel comfortable then it's not been a successful project. Unless, of course, you turn to the experts who can ensure you are able to sit back, relax and watch it all come together, without any unwanted stress and strain.

'Sit back and relax' are the key words to this article. Dental chairs and delivery units are integral to our daily work, but without a well-designed dental chair you have an uncomfortable patient and worse still, an uncomfortable dentist. Almost all dentists are aware of the tightness you feel in your lower back after a long day's work.

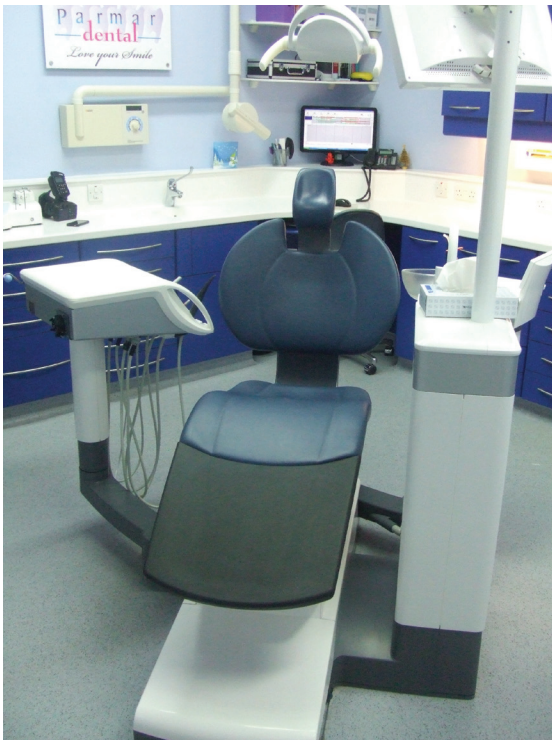
One of my first childhood memories is of sitting in a dental chair. I remember the wooden backing, the clunky whirring of the motors as they worked to put me into the

dreaded supine position. I remember how many wires and foot pedals sprawled out of the chair like some dental octopus, a design that seemed inefficient and haphazard.

A few years ago I had the once in a lifetime opportunity to design my own dental surgery. I was able to choose the chair, the cabinetry, the layout... in fact, everything. I wanted to offer my patients (and myself) the most comfortable, high-tech experience possible.

Having had several Sirona chairs in my surgery for many years I naturally looked towards a C+ type of dental chair. I find them to be the Apple of the dental world; Sirona's products look good and just work! Whereas other manufacturers seem to offer the same dental chair with a little tweak each year, Sirona keeps managing to come up with new and original ideas for its dental products.

For such a big investment, I also turned to Henry Schein Minerva for advice, and was delighted when it recommended its Sirona Teneo treatment centre. Delivering the ultimate in style, innovation, craftsmanship and quality, once I saw the Sirona Teneo I was instantly impressed and knew I had to have one.



The 'Rolls Royce of dental chairs' – the Sirona Teneo, which has helped reduce the inefficiency levels at Dr Parmar's dental practice

Mainstream technology that we take for granted everyday had all been integrated into this one dental chair. The touchscreen that I regularly use on my iPhone is now on my dental chair, the Bluetooth connection I use in my car is now in my foot pedal, and the massaging function I have in my lay-zee boy chair at home I can now spoil my patients with! From both a clinical and patient perspective, it answered all my needs.

The array of functions within this treatment centre means that there is a lot to learn. So, the enthusiast that I am, I decided to take two days out of the surgery to learn all the functions and advanced software. Dedicating my time to this system enabled me to get to grips with the apex locator, the endo motor, implant motor, piezo scaler, digital camera and massage function, all available within one compact unit and without the trailing wires around most dental chairs.

Patient comfort was evidently an important factor when choosing my preferred treatment centre. The movement and curvature of the Sirona Teneo enables me to place patients into the ideal position smoothly and slowly, which is particularly useful for my elderly patients, whilst the massage function works well in calming nervous patients. Plus, when we had the overhead LED dental light fitted I really noticed a difference. Many overhead dental lights use an inefficient halogen bulb, which can get hot, noisy and emit a yellow light as opposed to the pure white light emitted by the LEDs.

The versatility of this treatment centre enables me to perform an array of procedures. Installing high-tech equipment like the Sirona Teneo helps my relationship with the patient. I believe when they see I have invested in impressive equipment it gives them confidence in the treatment they are receiving. I even have a bank of DVDs that I can play via the touchscreen onto the TFT screen built

into the unit so my patients can watch a video about having dental implants placed whilst I am preparing my surgical instruments.

Having grown up in a generation surrounded by digital technology, the touchscreen applications on this state-of-the-art equipment are extremely beneficial. The easy wipe surfaces mean I can practise safely within the guidelines of infection control and decontamination. But ultimately, using the best equipment means I can deliver the best possible service and in only 12 months I have already seen a dramatic reduction in inefficiency, thanks to the array of functions and advanced software delivered with the system.

I relish the benefits this chair has brought me, not only in terms of my clinical performance but also on the patients' overall experience. Having worked with Henry Schein Minerva as my supplier for many years, I am delighted the team is able to provide me with some of the most cutting-edge equipment available on the market today.

So, are all dental chairs created equally? Obviously not, and I personally like to think of them as cars. A Skoda and a Rolls Royce will both get you to your destination, but the Rolls Royce of dental chairs will get you there in style and comfort. So my advice to any forward-thinking dentist looking to deliver first-class dentistry is to invest in high-tech equipment like the Sirona Teneo; it scores 10 out of 10 for me. [PD](#)

To find out more about the treatments Nilesch Parmar can provide please call 020 3358 3390 or visit www.drnileshparmar.com. For more details about the equipment available from Henry Schein Minerva please call 08700 10 20 41 or visit www.henryschein.co.uk.