

March 2022

The Brightside of Life

Considering a remote
orthodontic solution?

We share the GDC's advice

CQC Inspection at Brightside

Find out how we did

**brightside
dental**
Home of Calm and Gentle Dentistry



CQC Inspection at Brightside

The Care Quality Commission (CQC) is one of the main regulators of dental services.

The purpose of the regulator is to ensure we are providing dental services in an environment that meets infection control guidelines, as well as treating our patients and team members well, and ensuring the practice is well led and meets compliance regulations.

Our latest inspection by the CQC took place on 2nd February. I am very pleased to share that we passed the inspection with flying colours and it's just a shame there isn't a scoring system. However, the inspectors were very impressed with how we work in the practice and indicated that it was a rare occasion that no areas of improvement were required on our part.

You can see the inspection report [here](#).

I am extremely proud of our team and their hard work on a daily basis to provide the best we can for our patients, especially with the challenges of the past two years to deal with and overcome.

Ketan

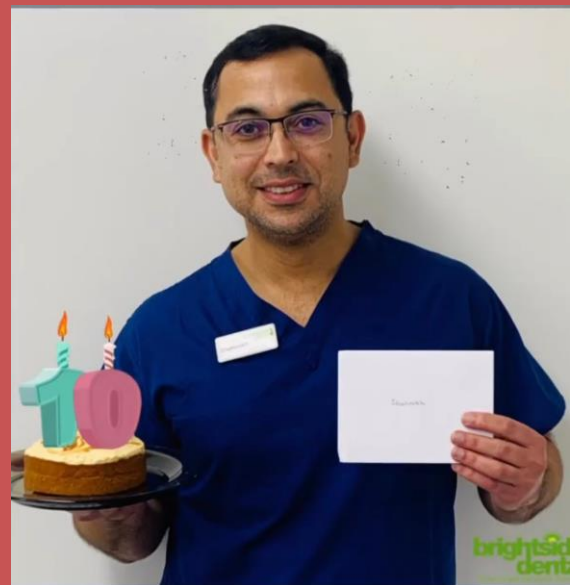
Practice News



CONGRATULATIONS!

To our popular Dental Hygienist/Therapist Mihaela for being voted Team Member of the Month.

We are lucky to have you!



We can't believe it's been 10 years since our Oral Surgeon and Implantologist Shahrokh came to join us!

Thank you Shahrokh, for being such a loyal member of our team and here's to the next 10!



Raminta heads up our dental nursing team. She recently celebrated her 6th anniversary at Brightside Dental.

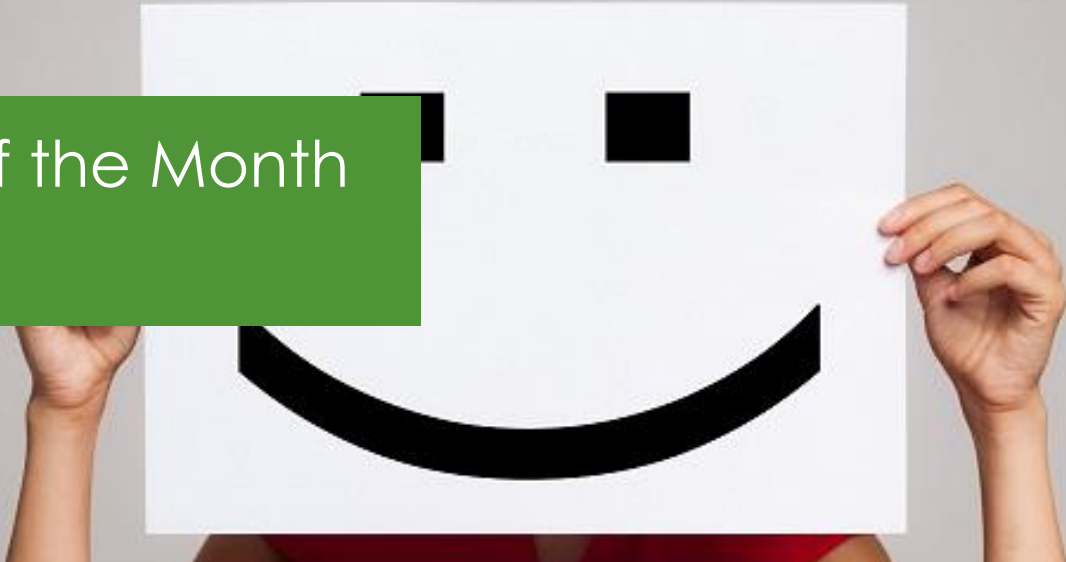
We'd like to say a big THANK YOU to her for all her hard work and dedication.



Our thanks and congratulations go to our Dentist Ronit, who has now been with us for four years!

We love having you in the team, Ronit!

Smile of the Month



Brightside Smile of the Month – March 2022

BEFORE

AFTER



Dr Ketan Shah

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Aneka has been a Brightside Dental patient, under the care of Dr Ketan Shah for many years, since she was at school.

She hadn't visited us for a few years but was prompted to book for an appointment by her mum who had decided to have treatment to improve her smile.

Aneka attended for a consultation. She was mainly concerned about her crooked front teeth and the colour of her teeth.

Treatment options to improve her smile were discussed. Aneka then began her treatment with Invisalign clear aligners to straighten her teeth, starting the journey with her mum who was having the same treatment!

Treatment carried out:

- Invisalign teeth straightening
- Teeth whitening
- Composite bonding of upper incisors

Initially, Aneka wasn't concerned about her small front tooth on the upper right side, however once her teeth were straightened and whitened, she decided to have composite bonding on that tooth and her three other front teeth, to improve the shape. This is a straightforward and non-invasive treatment, which as you can see, can make a huge difference to a smile.

The process was completed in two years, with delays due to covid and Aneka's availability to visit the practice. Aneka now has an even better smile than she could have ever imagined and feels much more relaxed and confident. She shares her story here:



Dr Ketan Shah

Practice Principal

BDS (Lond) 2000, MFGDP(UK) 2003



Ketan graduated from Guy's Dental Hospital in 2000. He worked at the practice as an associate since 2004 and took over ownership in 2010. He regularly attends courses and training to further his skills and knowledge, to improve the patient experience.

Ketan has carried out advanced training in orthodontics and has been providing both fixed braces and Invisalign for over 12 years. He is experienced with dental sedation and is a Dental Phobia Certified Dentist.

If you would like to know more about how we could help improve your smile, you can phone the practice at 020 88884401 or email: info@brightsidedental.co.uk.



QUOTES, JOKES, AND TIPS



The dentist said
that he could
knock me out
with gas, or he
could use a big
metallic rock.

I said ether/ore.



Top tips for dental wellbeing:

Drink lots of water. Hydration helps with bad breath and is important for your health.

SURROUND
yourself with
PEOPLE
who are
ONLY GOING
to lift
YOU HIGHER.

“

When you get
tired, learn to rest,
not quit.

BANKSY

Thank you for recommending us...

Serkan Dervish

Paul Sorodoc

Moh Yeong

Susan Hunt

Robert Ennis

Abdool Bhatoo

Meera Patel

Aminath Shivarajan

Katie Radia

We're very grateful!

Considering Direct to Consumer Aligners?



The General Dental Council has issued the following information for those considering using a remote orthodontic solution.

The traditional way to receive healthcare is in person. Patient and healthcare professional sitting in the same room, talking through treatment options and agreeing a way forward.

As technology advances, new opportunities arise and new ways of doing all kinds of things become possible. This is also true in dentistry and some forms of treatment are increasingly being offered remotely, including orthodontics. New forms of treatment can bring real benefits to patients, especially when costs are lowered, and access is improved. But new ways of doing things must not risk patient safety.

Here we give you some information to help you think about whether aligners or braces sent directly to your home are right and safe for you:



[Is the treatment right and safe for you?](#)



[Why direct interaction with the dentist is important for valid consent.](#)



[Who is treating you?](#)

What our patients say about us

Share your feedback on your experience at Brightside Dental [here](#)

A

Amira Gharbi



I have used quite a few dentist and am so glad that Brightside Dental was recommended to me. They are by far the best dentist I have used, the surgery is always very clean and all the staff are very friendly. You can get appointments very quickly and they never try and con you out of money like a few others do. We always see Dr Patel who is amazing and very patient! Thank you to the team at Brightside!

W

Wen Li



I had my root canal treatment last week, the level of service and professionalism was exceptional. Good communication, friendly staff, especially Dr. Shah, he is very professional, patient with his work and would explain all the steps as you go. It is a truly Excellent and first rate dental practice, will definitely recommend.

K

Kamal Amanullah



Very polite and courteous staff. Very clean environment. Latest technology. Knowledgeable and caring Dentist and hygienist. Keep you informed through each step. My wife and I and both our daughters have been with them since 2019 and have nothing but praise for all the staff, Dentists and Hygienist. They are all a credit to the profession. Long may it continue.



Anoushka Sivaraman



Having recently undergone some dental treatment at Brightside, I can wholeheartedly say that the service is very efficient and mindful, especially for someone who has severe dental anxiety.

Dentist Ronit prescribed my treatment and all the work was carried out in a careful manner, I never felt rushed and had a clear understanding of my teeth and the procedure. We discussed my case in depth and ways in which I can prevent any treatment in the future.

It's nice to go somewhere you feel well looked after and Brightside did just that. The staff were friendly, compassionate and personable, I don't think I can go anywhere else now. Cheers!

FOR MORE INFORMATION ON CALM AND GENTLE DENTISTRY

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