

MINESH PATEL

What a difference a year makes! How 1 person can dramatically change your life.

August 2015.

Not attending parties, weddings or in fact a funeral... limited attendance at meetings for work, only eating mashed food, sleepless nights, constantly focusing on peoples teeth whilst in conversation with them... the list goes on.

Having not been to a dentist for over 10 years and that was only because of extreme pain, I was prompted to actually do something after a comment made by one of my grandchildren. "Nanny, when my little teeth come out you can have them!" How embarrassing. At this stage I only had 5 or 6 teeth left and these were in a dreadful state and gradually becoming loose.

It took me 4 days to email my previous dentist to enquire if they still had me on their books. I received a reply from the receptionist who I had dealt with before. She was very aware of my dentist phobia – embarrassment, awful gag reflex, frightened that I would be refused help as my teeth were so bad. She assured me that the surgery had just the person to 'sort me out'.

My first appointment with Minesh was amazing. Straight away he put me at ease by his soft, gentle manner. He saw immediately how nervous and apprehensive I was. I obviously knew that drastic action was needed but Minesh used the right words which did not make me feel stupid or ashamed of my lack of dental care. He went through the options I had available to me and how each procedure could be carried out including length of timing and costs. He was so positive about being able to provide me with the smile I ought to be sharing with everyone.

Because of my gag reflex problem he suggested I had a sedation procedure for moulds to be taken of my teeth/gums. Again, the reassurance from Minesh guided me through this. He knew exactly which anaesthetist to use to suit my needs.

Following this I had to have my remaining teeth extracted. Minesh knew that it was no good me having the appointment made weeks or even days in advance. I arranged with him that he would ring me at work when he had a spare appointment and I would arrive at the surgery within an hour. A brilliant solution which did not give me time to think about it. I didn't even think about being without any teeth at all at this stage but he had this all under control. During various conversations, I did happen to mention that it was my wedding anniversary in a couple of weeks. Minesh obviously took this on board and unbeknown to me arranged the appointment around this date.

Following the extractions, which were totally pain free, he inserted my first full set of temporary dentures, gave me a mirror, and told me to look and then I cried!

I never in a million years thought I would be able to smile at myself whilst looking in a mirror. I had not had my photograph taken for years having always managed to hid myself at the back of groups etc. but Minesh now took photographs of my new look which was so very exciting for me.

I had not told my husband of this appointment. I was bursting with excitement to show him my new teeth.

When he got home that evening and I revealed them he was astonished. He wanted to ring Minesh there and then to thank him. He was so proud of me for going to the dentist and for getting where I was. He felt he had his wife back.

September 2016

At the current time I am awaiting my final dentures.

I have now been able to make important speeches at a conference for my job, actually arranging and having a party for mine and my husband's birthdays with over 100 family and friends attending, wearing lipstick, being told constantly that I look 10 years younger and being able to eat a packet of crisps(!)

All things that have completely changed my life.

Thanks to Minesh.

I do look back and realise how stupid I was but it has taken someone like Minesh to realise my dream and to make it happen.

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