



### Can you tell us a bit about your background?

**JG:** I qualified from Kings College Dental School, London in 1995. I committed to further education in 1997 and completed a further Diploma in General Dental Practice. Following my qualification, I spent 13 years gaining experience in a dental practice in West London before buying my own practice in Slough in October 2006. I rebranded the practice as Moonlight Dental Surgery and began building my reputation within the local community by providing the best possible dental care to all within the surrounding areas.

During this time, I also expanded the services we provide to include a smoking cessation clinic as well as an emergency walk in facility for patients with urgent dental problems. Following on from this, I have now incorporated a pharmacy within this practice that offers 100 hours a week opening times over seven days a week. After the successful rebranding of my Slough practice, I then went on to purchase and rebrand another dental practice in Poole in October 2008 thus growing the Moonlight Dental Surgery team. In May 2009 I then joined forces with my brother to purchase a dental surgery in Shinfield, Reading.

Mid 2012 I attended the Six Months Smile course and became accredited to provide this innovative treatment. I was so enthused by the results achieved from this short term orthodontic treatment that I invested more and more of my time enhancing my skills. Due to this vested interest, I quickly became a recognised provider. Soon after I was given the title of clinical instructor, being one of only three in the UK. I now participate in regular seminars teaching other dental professionals in the provision of this service. I am a strong advocate of this treatment and use these skills to help many patients gain the smile they had only dreamed of.

### What or who made you choose a career in dentistry?

**JG:** I guess this would most definitely have been my older brother. He is also a dentist and we share the Shinfield surgery together. He qualified back in 1990 (five years before me) and during his course he was always telling me how interesting this career pathway was.

I was more interested in medicine at the time, but the regular hours attracted me towards dentistry and you still had the opportunity of numerous options to specialise in.

# Creating beautiful smiles

**JASWINDER GILL**, clinical instructor for Six Month Smiles talks about instilling confidence in the patient and changing their lives

#### Fact file

**NAME:** Jaswinder Gill  
**QUALIFICATIONS:** BDS LDS MFGDP  
**POSITION:** Principal dentist and owner at Moonlight Dental Surgery  
**DENTAL INTERESTS:** Orthodontics, implants, facial beauty  
**INTERESTS OUT OF DENTISTRY:** Football, fitness, gadgets, cars



### Can you tell us more about your practice?

**JG:** I am now mainly based in the Slough branch as it is the closest to home. It initially was a single surgery practice but over the past 11 years it has grown into a three-surgery practice with a large NHS contract.

It is also now a mixed practice since I have grown the private component thanks to Six Month Smiles. This has enabled me to completely leave NHS dentistry and focus on what I love doing most, which is orthodontics.

### When did you start using Six Month Smiles and how has it changed the way you work?

**JG:** I went on the Six Months Smile course in 2012 and I was completely taken away by it! I thought then that this is my ticket out of NHS dentistry and that is exactly what happened. My wife was my first patient and I still look at that beautiful smile today. Since then everything just gathered momentum to the point where we are today.

### What training did you undertake?

**JG:** I did the Six Months Smile Level 1 course in May 2012 and then the Level 2 course in 2013.

### What types of cases are you able to treat with the product?

**JG:** I think the real question here is that what type of cases can you not treat? The vast majority of cases can be treated, the ones that can't come under the following categories,

- Children
- Any patient wanting a midline correction of more than 2mm



- Any patient requiring anterior-posterior root movement

This means that approximately 80% of adults can benefit from Six Month Smiles treatment, and over 100,000 patients already have. In fact, a new case is started every five minutes!

### What are the advantages and disadvantages?

**JG:** The main advantages of Six Month Smiles for me are that the treatment is completed quickly and predictably. The advent of Confidex Predictable Digital Treatment Planning has really helped this along both for the patient and for myself. Its key benefits are:

- Gives you a case complexity index
- Treatment planned for you by an orthodontist
- 3D simulation of tooth movement to show patient the end result
- Step by step instructions at each appointment
- When, where and how much to IPR
- Biteguard location
- Auxillary usage (elastics, piggybacking, buttons, etc) if needed
- Estimated treatment time
- You still will have access to the forum to ask questions about your treatment

All the above helps in the confidence of not only the provider but also instils confidence in the patient therefore increasing the percentage of uptakes of the treatment plan.

### How has it changed patient compliance and are you treating a lot more patients?

**JG:** The great advantage with Confidex is that patients are able to see what their teeth are going to look like at the end of treatment before the treatment even starts! This is such a useful feature as I am yet to have a patient look at this and not go ahead with treatment.

In addition to this as I am given an estimated treatment time (which is slightly exaggerated), and then when I do finish that little bit earlier the patient thinks I am amazing! So I am always able to under promise and over deliver automatically.

I also run through the treatment plan with patients that has been designed by orthodontists. I can explain to them which month, how much and where I will be providing the IPR. If and why they will need biteguards and any auxillary usage. I found the more the patient understands



the treatment plan from the outset the more confident they are during the treatment as there are no surprises.

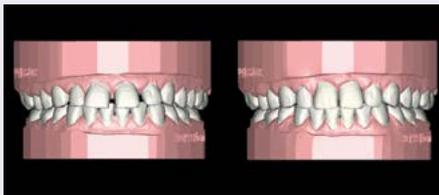
So Confidex not only instills confidence in the dentist but also the patient. This therefore makes the patient more compliant and they feel that they are on the journey together with the dentist and this leads to much, much more referrals!

### There are many products out there claiming to straighten teeth at a faster pace than conventional treatment – what makes Six Months Smiles different?

**JG:** I absolutely agree that there are and I have not tried all of them. These range from placing small holes in the bone around the roots, to vibration techniques and even shining a brace which shines an LED light on the tooth.

Now I don't know if these methods work or not but I have not seen an independent randomised clinical trial to show that they do to date. If there was something out there that can move a tooth orthodontically at a faster rate then I would be very much interested to know about it as this is exactly what patients want.

The difference with Six Month Smiles is that it doesn't use any of these techniques but normal orthodontic forces using brackets and wires to move the teeth to the correct position, and it works! The main reasons that the treatment times are shorter is that we are not moving the multi-rooted posterior molars which require heavier forces over a longer period of time to move. All teeth in front of the molars can be moved and they require lighter forces over a shorter period of time to get them into the right position,



**A successful case: Deborah's Six Month Smiles transformation**

with the molars being used as anchorage.

### Can you give us a short summary of any particularly successful cases?

**JG:** Deborah is a local florist and deals with customers every day. She had a midline diastema since as long as she can remember and hated it. It upset her when she was speaking to her clients and smiling in photos, she had low confidence and was not in a happy place when she first came to see me in December 2016. She had heard about me from a friend who had also had the treatment done.

We did a full consultation and she could not believe that the gap could be closed with Six Month Smiles in as little time! We took scans, radiographs and some photos after an examination and the next appointment was set up where she could see her Confidex simulation.

She was very impressed with the fact that she could see her end result before the treatment started and it gave a treatment time of only five months. The treatment guide was shown to her and I could explain to her far more easily that space would need to be created on the lower arch to retract it and make space for the upper arch to retract and hence close the upper space. I could also explain when this was going to be done and how much.

I explained that she would need auxiliaries like posterior box elastics and could show her from the treatment guide how they would be placed. I could

also show her what her final overjet and overbite would be after explaining what those terms meant. Because she completely understood the treatment she was fully on board and I personally believe if this is done from the outset, not only do you have full informed consent but the treatment also runs much smoother.

Once she was happy with everything all the necessary paperwork was signed and the treatment plan was approved online by a simple click and the braces arrived ready to be fitted. As expected, the treatment ran very smoothly because the patient was aware of what to expect and there were no nasty surprises. The braces were removed once we were both happy with the position of her teeth.

Talking about referrals earlier, she has since referred me loads of brides who are also being treated now with Six Month Smiles and Confidex in time for their big day as we know the estimated treatment time.

### What do you think about all the controversy in orthodontics today and GDPs practicing short-term orthodontics?

**JG:** I think that a few years ago that orthodontists were dead against GDPs performing short term ortho on patients. I can understand that too as they must have felt threatened as it is a specialist skill and they felt that GDPs were taking their work from them after a two-day course.

The reality couldn't be further from the truth. When I couldn't do comprehensive

orthodontics, I was actually referring more patients to my orthodontist as I became more aware of the problem after the Six Month Smiles course. The gold standard still is and always has been comprehensive orthodontics, but Six Month Smiles just gives patients another option and Confidex helps them to visualise that option.

I see many orthodontists adopting to the change now and indeed, many attend our courses as they also want to provide their patients with that other option.

### What are your plans for the future?

**JG:** I love orthodontics and Six Month Smiles because I can produce happy patients one smile at a time. It gives me so much satisfaction and pleasure at what I call the 'Braces Off moment' when the patients are quite often flooded with tears of joy when they see their new smile for the first time. We both know from that point onwards that their life is going to change and we have made a long lasting relationship.

Therefore moving forward, who wouldn't want to carry on 'going the extra mile, to give patients their Six Month Smile'.

### FOR MORE INFORMATION

For more information see:  
[www.6monthsmiles.com](http://www.6monthsmiles.com)