

HOUR PROFESSIONALS

Dr. Aziza Askari DMD, MBA, FAGD

Total commitment to patient well-being is the key to excellence in advanced dentistry



Dr. Aziza Askari of Comfort Dental Spa succinctly sums up the philosophy that guides her practice: “It’s all about the patient.”

It’s why the highly regarded doctor — who holds advanced degrees from Temple University and the University of Michigan dental schools, as well as a fellowship in the Academy of General Dentistry — has centered her practice on sedation dentistry. She considers it both an effective means of encouraging people to reverse years of neglect of their teeth and gums, and to become more proactive in maintaining good dental health. She’s also convinced that if the public had greater awareness about the technological advances made in the last 20 years, their willingness to follow a regular routine of preventive care would increase accordingly.

“Fear of the dentist is usually rooted in a bad childhood experience,” Dr. Askari says. “But we’ve come a long way from the days when a simple filling or extraction meant excruciating pain. **The trend is towards easing a patient’s anxieties on the one hand, and providing a comfortable experience on the other. In other words, we focus on the emotional well-being, in addition to the physical.**”

A breakthrough in ensuring emotional well-being is Calmistry™. This is an intentional program that uses techniques such as guided relaxation and visualization to help reduce the patient’s reflexive, negative reactions to anticipated pain.

On the physical side, sedative drugs delivered either orally or intravenously help to relax patients without

inducing total sleep. This results in a significant decrease in the time needed to perform a procedure. Even major treatments like implants, for people with missing teeth, can be completed within one or two visits. “Not only is it comfortable and anxiety free” Dr. Askari says, “but most people don’t remember having the work done.”

And once the grogginess and drowsiness wear off, there’s no down-time, as patients generally return to work the next day.

Another benefit of sedation is that it makes cosmetic work (aka “smile enhancement”) painless and more accessible since it can be accomplished in one or two appointments. Dr. Askari applies her considerable expertise to identifying the underlying problem at the outset, focusing both on physical repairs and aesthetics. Diagnosis and treatment are then tailored to the individual patient. This can include simple cleaning and whitening of discolored teeth, as well as the application of veneers. Adults now have the intermediate option of Invisalign, a series of clear aligners, akin to braces, that invisibly straighten teeth. A preliminary bite analysis can also lead to the correction of other problems, such as TMJ disorders, before they lead to long-term, costly dental work.

That holistic approach applies to every service Comfort Dental Spa offers. Their focus isn’t only on treating symptoms, but also the disease or defect of the oral system causing them. For example, a widely recognized link has been established between periodontal disease and an array

of systemic problems, such as heart disease, cancer, and stroke. Physicians from other branches of medicine frequently refer their patients to Dr. Askari for help in achieving a healthier mouth. Achieving that goal lowers a person’s risk of future episodes and may even lead to a longer life.

Many dental procedures can now be performed by laser, and Dr. Askari incorporates these safe, less-invasive techniques into cavity-detection, fillings, tooth-sensitivity problems, the treatment of cold sores and benign tumors, and more. Laser dentistry can offer a variety of benefits. For instance, patients may not need stitches when a laser is applied to soft tissue. And most procedures may not even require anesthesia. Bleeding and bacterial infections are minimized, as well as damage to the surrounding tissue. Best of all, wounds heal more quickly, and tissue regeneration is accelerated.

Comfort Dental Spa’s emphasis on conservative, long lasting dentistry is ideal for both children and adults. Families will find the basics for maintaining healthy teeth and gums. They can also turn to Comfort Dental Spa for dental implants and the treatment of sleep apnea, TMJ, and other maxillofacial conditions. Dr. Askari’s specialty, cosmetic services, includes bonding, veneers, crowns, bridges, and implants. New

patients receive a free dental exam and smile consultation; all services are guaranteed.

Dr. Askari has designed her entire practice to incorporate comfort, convenience, and tech savvy, in keeping with her mission to provide exceptional dentistry combined with **spa services**. Some of those services include **concierge service; transportation arrangements for patients; qualified team members available to answer the phone 24/7; prompt emergency dental care; and a “no-wait” office policy.**

It all contributes to a comprehensive philosophy that places — and keeps — the patient as the central focus. “We put the patient first and strive for excellence in everything we do,” Dr. Askari says. “From the moment you step into the office until the time you leave, it’s all about you.”

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