

Newsletter

DECEMBER 2025

Dear Friends of Pure Periodontics,

As we come to the end of the year, I wanted to share a few important updates from Pure Periodontics. This has been a significant year for our team, marked by exciting developments – including our move to a new purpose-built clinic – as well as our continued commitment to delivering specialist, patient-focused periodontal care. I hope this newsletter offers a thoughtful insight into what's new, and what continues to guide the care we provide.

Warm regards,

Dr Neesha Patel | Bsc Hons. BDS, MFGDP, MClinDent Perio, MRD RCS
Specialist Periodontist | Clinical Director – Pure Periodontics



Welcome to Our New Specialist Home at 15 Austin Friars

Pure Periodontics has now moved into our purpose-built specialist facility at 15 Austin Friars, EC2, marking a significant milestone as we close 2025 and look ahead to the future of specialist-led periodontal care in London.

We are one of the few fully dedicated specialist periodontal practices in Central London – not a practice with visiting or rotating periodontists. Every patient is treated within a specialist-led environment, ensuring continuity of care, timely treatment, and predictable outcomes without delays between phases.

For our referrers, this means clarity and confidence. These are *your* patients. We prioritise transparent communication, comprehensive treatment planning and a clear return pathway for all non-periodontal care. There are no conflicts of interest – only genuine collaboration and shared goals.

Our new clinic has been designed specifically for specialist periodontal care – not retrofitted for it. It brings together:

- advanced digital workflows
- minimally invasive technologies, including Waterlase
- a highly experienced specialist and clinical support team

Underpinning everything is our holistic understanding of periodontal–systemic links, allowing us to deliver stable, long-term periodontal health.

We are also currently analysing and preparing to publish our own periodontal outcomes – further reinforcing our commitment to evidence-based, outcome-driven care. More on this soon.



Introducing the Pure Periodontics Study Club

With the addition of a dedicated conference room in our new premises, we are delighted to launch the Pure Periodontics Study Club – an educational space designed for meaningful clinical collaboration.

Sessions will include:

- advanced periodontal case discussions
- management of complex patients
- communication, consent and medico-legal essentials
- guest speakers from dentistry and medicine

This is an opportunity to share insight, challenge thinking, and strengthen referral relationships in a relaxed, specialist environment.

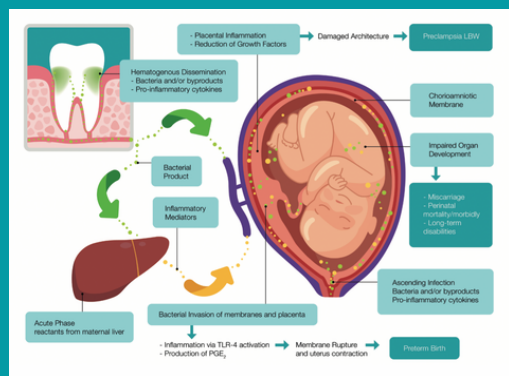
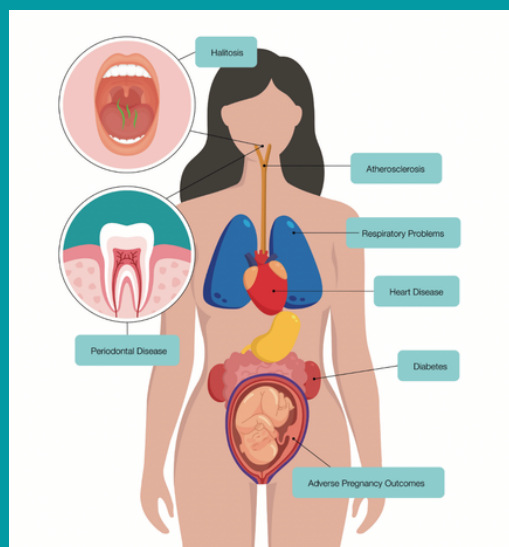
Register your interest to be the first to hear about upcoming sessions.



[Register Your Interest Here](#)

The Impact of Periodontal Disease on Adverse Pregnancy Outcomes: A Comprehensive Review

21st World Congress in Fetal Medicine (Lisbon, Portugal: June, 2024)



Perio & Pregnancy

3 Clinical Lessons from Lisbon Every Referrer Should Know:

Following my presentation in Lisbon on the impact of periodontal disease on adverse pregnancy outcomes, here are three practical clinical takeaways for GDPs:

1. Systemic inflammation matters

Periodontitis increases systemic inflammatory burden, which is associated with pre-term birth, low birth weight and pre-eclampsia.

2. Pre-conception stabilisation helps

Patients planning pregnancy benefit from periodontal assessment and stabilisation before conception or early in the first trimester.

3. Red flags to refer sooner

Persistently increased bleeding during pregnancy, ongoing halitosis, or probing depths >5mm should prompt early specialist referral.

This growing body of evidence reinforces the importance of seeing periodontal health as part of whole-patient care, not an isolated oral concern.

Clinical Spotlight

Enhancing Periodontal Outcomes With Waterlase

Laser-assisted periodontal therapy continues to evolve, yet **specialist-delivered Waterlase within a fully dedicated periodontal practice remains rare in London.**

As one patient recently shared:

"I was quite anxious about my first treatment, but found the actual laser treatment painless... I was able to eat and drink normally after a couple of hours."

Waterlase is not a replacement for sound periodontal principles – but in specialist hands, it is a powerful adjunct that supports clinical precision, patient comfort and long-term stability.



Our tailored Pure Periodontics Laser Protocol is integrated into a comprehensive periodontal treatment strategy and enables:

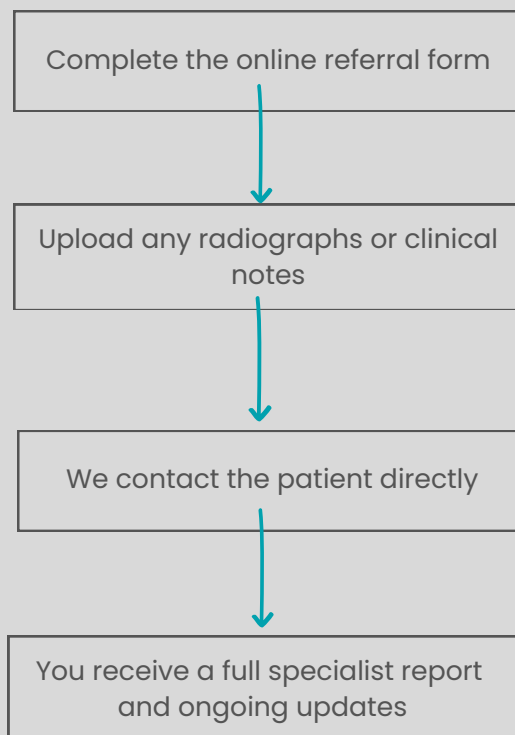
- selective removal of diseased epithelium
- enhanced biofilm and pocket decontamination
- improved access in furcation involvement
- reduced post-operative morbidity
- favourable soft-tissue healing

This approach is particularly valuable in:

- moderate to advanced periodontitis
- regenerative cases
- patients where traditional surgical therapy may be less well tolerated

A Straightforward Referral Pathway

We've streamlined referrals to make the process effortless and predictable:



Minimal admin for you.
Timely access and specialist-led care for your patients.



"I was quite anxious about my first treatment, but found that the actual laser treatment was painless, after the injection. I felt no discomfort and was able to eat and drink normally after a couple of hours. Have had follow up treatment, and have even had the top up laser treatment without any anaesthetic injection! Would definitely recommend Pure Periodontics."



We have reached 500
AMAZING reviews
on Doctify!

Expanding Our Specialist Periodontal Team

We're delighted to welcome Dr Gajen "Gaj" Raveendran, EFP-accredited Specialist Periodontist, to the Pure Periodontics team this New Year.

Trained at Barts, UCL and UCLH, Gaj brings hospital-level expertise into private practice, delivering the full scope of advanced periodontal care – from complex gum disease management to regenerative and soft tissue surgery.

- Evidence-based specialist care
- Advanced regenerative and soft tissue procedures
- Complex periodontal disease management
- Accepting referrals across London

His expertise further strengthens the specialist care available to your patients at Pure Periodontics.



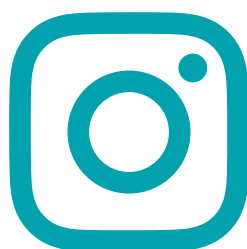
Working Together

Pure Periodontics is a **specialist-led practice**, supported by an exceptional team of nurses, hygienists, coordinators, administrative and patient care staff – each playing a vital role in delivering predictable periodontal outcomes.

Thank you for your continued trust and collaboration.

We look forward to welcoming you to **15 Austin Friars** and continuing to work closely together as a leading specialist periodontal centre in London.

**Have a wonderful festive period,
The Pure Periodontics Team**



Connect with Us