



Our Multi-Specialty
Dental Groups

Mid-Wilshire
Dental Care

Noho
Dental Group

Sunset
Plaza Dental

Allure
Dental Arts



*General & Cosmetic Dentistry
Orthodontics & Invisalign
Children's Dentistry
Oral Surgery · Root Canal Therapy
Periodontics & Implant Dentistry
Sleep Apnea · TMJ*



Mid-Wilshire Dental Care

*6200 Wilshire Blvd, Suite 1508
Los Angeles, CA 90048
(323) 931-2000*

www.midwilshiredentalcare.com



NOHO Dental Group

*11126 Chandler Blvd
North Hollywood, CA 91601
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www.nohohealth.com



Sunset Plaza Dental

*8539 Sunset Blvd, Suite 16
West Hollywood, CA 90069
(310) 855-2434*

www.sunsetplazadental.com



Allure Dental Arts

*11233 Valley Blvd
El Monte, CA 91731
(626) 246-1200*

www.alluredentalarts.com

MONDAY - FRIDAY

9:00 AM - 6:00 PM

SATURDAY - SUNDAY

Emergency coverage only.

Welcome

We are a multi-specialty, multi-location dental group devoted to restoring and enhancing the natural beauty of your smile using state of the art procedures that result in beautiful, long lasting smiles. Your dental health is our top priority!

Our team includes General and Cosmetic Dentists, Pediatric Dentists, Periodontists, Orthodontists, Endodontists, Oral Surgeons and Dental Hygienists. We are dedicated to providing the personalized, gentle care you deserve, in a spa-like atmosphere.

Our team of doctors have a strong commitment to provide the best quality dental care to all patients. Your health is our primary concern and our staff is trained to provide the highest quality sterilization and the most advanced procedures. We rigidly follow infection control guidelines as recommended by the American Dental Association (ADA) and Centers for Disease Control (CDC) to ensure the protection of each individual patient.

NEW PATIENTS

We are always happy to welcome new patients to our practice. We value our patients tremendously and realize that you have many choices for your dental needs. We sincerely appreciate that you have given us the opportunity to provide you with the caring, state-of-the-art treatment you deserve.

In an effort to shorten your wait time, we ask that you fill out the new patient forms available on our websites, and bring any medical and dental insurance information to your initial consultation. If you have had x-rays taken in the past year, please arrange to have them available during your visit. Remember to bring your dental insurance card, insurance referral forms (if applicable), and general dentist's referral to expedite treatment planning.

During your initial consultation, we will perform a comprehensive exam including necessary x-rays and oral cancer screening. You will be educated about your treatment needs and have the opportunity to ask any questions. A treatment plan will be presented to you along with alternatives. This appointment may take approximately NINETY minutes. When possible, we can arrange for insurance pre-authorization, which can take two to four weeks.

IF YOU'RE SCHEDULED FOR TREATMENT ON YOUR FIRST VISIT

Since dental treatment may sometimes take more time than expected, please allow ample time for treatment on the day of your appointment. Minors must be accompanied by a parent or legal guardian.



I send everyone I know to this Dental Group because Dr. Afar is hands down the kindest and most honest dentist that I've ever had. I trust and respect him.

His assistant and hygienist Azi is absolutely wonderful. She too is completely upfront and transparent. She does everything she can to help me understand what I need. Dr. Allen handled my (almost) four years of orthodontia and I couldn't have asked for a better orthodontist.

Marcella, the office manager, is efficient, focused, has a great memory and is totally dedicated to the patients and the practice.

- Rachel M.


Periodontics

BIJAN AFAR DDS, MS
Periodontics and Implant Dentistry

Dr. Afar graduated from UCLA with a Bachelor's degree in Microbiology. He continued his education at the UCLA School of Dentistry for his Doctorate of Dental Surgery degree and Master of Science degree in Oral- Biology. He received a California State Fellowship, Hortense Fishbaugh's Scholarship, Oral Biology Graduate Fellowship, and was a Regents of University of California nominee throughout his dental education. After completing dental school, Dr. Afar was among the top 5% of graduating students in the nation to receive the Dentist-Scientist Fellowship from the National Institute of Health to continue his dental education and research in Periodontics and Implant Dentistry at the University of Washington in Seattle.



Dr. Afar is an active member of organized dentistry at the American Dental Association (ADA) and the California Dental Association (CDA) and Western Dental Society. Dr. Afar is a Fellow of the International Congress of Oral Implantologists and Associate Fellow of the American Society of Osseointegration. He is trained in all aspects of Implant Dentistry from placement to the final restorative stages. Dr. Afar has taught part-time at the UCLA School of Dentistry as a Clinical Faculty and Research Associate and is a recognized lecturer and expert in the field of oral implantology.



Dr. Afar is the best. He's an excellent dentist. I've been lucky to be his patient for 15 years. He and his Team are extremely professional friendly and caring. They always make me feel like I'm their only patient. I've been treated at 3 of his clinics and everyone, every time have been consistently awesome. I've never had to wait and my smile looks amazing! Dr. Afar has state of the art equipment and knowledge. This is incredible. Beyond exacting skills and up to date technology, Dr. Afar and his Team treat me like family with exceptional care. I feel like I'm going to a Dental Spa! I look forward to my next appointment.

- Kathleen M.

I have been going to see Dr. Afar for at least 10 years. Through many different procedures over the years Dr. Afar and his team have been top-notch. They regularly provide me with options for how to solve a problem, explaining the benefits and cost of each option and never pressuring any particular option but offering an opinion, which let's face it, is what you want them to do as professionals. There isn't any part of my oral health that I would not 100% trust Dr. Afar to manage. He is THE BEST. FULL STOP!

- Chilli C.

Periodontal (gum) disease, including gingivitis and periodontitis, are serious infections that if left untreated can lead to tooth loss. The word periodontal literally means “around the tooth.” Periodontal disease is a chronic bacterial infection that affects the gums and bone supporting the teeth.

Periodontal disease can affect one tooth or many teeth. It begins when the bacteria in the plaque (the sticky, colorless films that constantly forms on your teeth) causes gums to become inflamed.



IMPLANT DENTISTRY

WHAT ARE DENTAL IMPLANTS?

A dental implant is an artificial tooth root that a periodontist places into your jaw to hold a replacement tooth or bridge. Dental implants are an ideal option for people in good general oral health who have lost a tooth or teeth due to periodontal disease, an injury, or some other reason.

Restoring missing teeth with dental implants is the science of osseointegration. Patients who have lost their teeth to periodontal disease, injury, tooth decay, or are congenitally missing teeth, may benefit from dental implants. Dental implants are substitutes for natural tooth roots, and rely on bone for support. Implants give replacement teeth a more stable base. They can replace a single tooth, multiple teeth, or all teeth in the mouth. They are made of ultra-light titanium, and some are coated with a bone-like substance called hydroxyapatite. They are usually 3-6 mm in diameter and 8-20 mm in length.



DENTAL IMPLANTS F.A.Q.

WILL I HAVE PAIN DURING MY SURGERY?

The area of implant placement will be completely anesthetized before the start of treatment so you will feel minimal pressure but no pain. We also offer oral sedation to help with relaxation and ease anxiety.

WHAT KIND OF ANESTHETICS ARE USED?

Depending on your systemic condition, we use different kinds of anesthetics. Some procedures require longer lasting anesthetics that contain epinephrine. For some individuals with extreme dental phobia, we offer intravenous and general anesthesia services by an independent anesthesiologist at a separate cost.

WHAT PROBLEMS WILL I EXPERIENCE POST OPERATIVELY?

WHAT PRESCRIPTION WILL I RECEIVE?

You may experience some post surgical tenderness and pain from the surgery areas between 1 to 5 days after the procedure is completed. Immediately after the surgery, we will give you pain medication to control pain and post-operative sensitivity. Depending on your systemic conditions, we may prescribe different medications but we typically prescribe Amoxicillin, Peridex, Vicodin, or Motrin.

WHAT SHOULD BE AVOIDED AFTER SURGERY?

Consumption of alcoholic beverages, spicy foods, excessive exercise, and smoking increase the pain and prolong the healing period. Maintaining an adequate diet after the surgery is advised. Drink plenty of liquids post-operatively to replenish blood loss. You should chew on the opposite side of surgical areas and avoid hard foods.

WHAT STEPS ARE INVOLVED IN PREPARATION FOR DENTAL IMPLANTS?

Prior to implant placement, the following steps may be taken:

1. Patient evaluation and clinical exam
2. Study models are taken and x-ray stints are fabricated
3. Appropriate X-Rays are taken with aid of SimPlant software
4. Fabrication of surgical stints
5. Consultation with restorative dentists and laboratory for restoration

HOW LONG WILL MY IMPLANT TREATMENT TAKE?

Generally, after implant placement, bone needs to be given a period of 1 - 2 months to heal and adhere around the implant. Certain areas with augmented bone may require 4 - 6 months of healing. In some rare cases, if bone is dense enough, minimally invasive surgical techniques may be used and the implant can be loaded immediately after surgery with a temporary crown.



Over the past 6 years I've had more than a lifetime worth of work done with Dr. Afar and his staff. Everything from cleaning to veneers to an implant. Dr. Afar makes sure you're as comfortable as possible. He is sweet and honest. I love that he has multiple locations, flexible schedules and knowledgeable staff.

- Sarah O.

ORAL SURGERY

WILL I HAVE PAIN DURING MY SURGERY?

We use adequate amounts of appropriate anesthetics during your surgery to wholly contain pain during surgery. We also offer sedation to help minimize the anxiety sometimes associated with the administration of local anesthetics.

WHAT KIND OF ANESTHETICS ARE USED?

Depending on your systemic condition, we use different kinds of anesthetics. Some procedures require longer lasting effects and the use of epinephrine may be necessary for individuals with extreme dental phobia. We also offer intravenous and general anesthesia services administered by an independent anesthesiologist at your own expense.

WHAT SHOULD I AVOID AFTER SURGERY?

Consumption of alcoholic beverages and spicy foods, engaging in excessive exercise, and smoking increase the pain and prolong the healing period. Maintaining an adequate diet after surgery is advised. Drink plenty of liquids post-operatively to replenish blood loss. You should chew on the side opposite of the surgical site and avoid hard foods.

WHAT IF I EXPERIENCE BLEEDING AFTER A TOOTH EXTRACTION?

Bleeding after an extraction is normal and slight bleeding may be noticed for up to 24 hours after surgery. Apply pressure with sterile gauze, and remove the gauze gently. You can hold the gauze in place for up to an hour to prevent further bleeding. If you continue to have bleeding, contact your dentist or surgeon. They may instruct you to bite on a moistened black tea bag. The presence of tannic acid (from the tea) has been shown to reduce bleeding and assist with clotting.

WHAT IF I EXPERIENCE SWELLING AFTER SURGERY?

Swelling is a normal response after various types of surgery. You may use an ice pack on the outside of your face for the first 24 hours after oral surgery. Swelling is generally completely resolved 7 to 10 days following the procedure. Stiffness in the facial muscles is also normal and may be noticed for up to 10 days after oral surgery. Slight bruising is also common. If you have any questions about swelling, or if your swelling persists after 3 days, contact our office.

WILL I FEEL PAIN AFTER THE PROCEDURE?

Pain after oral surgery varies depending on the procedure. Your doctor will prescribe any necessary medication to manage pain. Follow the instructions carefully and always consult with your doctor before taking any over-the-counter medications along with your prescriptions. If you have been prescribed antibiotics, always take all of the antibiotics prescribed by you to prevent infection.

HOW LONG WILL IT TAKE TO FULLY RECOVER?

Rest is recommended for at least two days following oral surgery. Physical activity is not recommended for two to three days after your surgery. Typically, you should be able to resume normal daily activities after 48 hours.

SHOULD I AVOID BRUSHING AND FLOSSING AFTER SURGERY?

Vigorous brushing, rinsing and spitting should be avoided for 24 hours. Brush gently and floss the non-affected areas if you are able to open your mouth wide enough. Lightly rinse your mouth with warm water, avoiding mouthwash. Let the water fall out of your mouth on its own - do not spit as this may break clots that may be forming in the surgically treated area. After 24 hours, consider rinsing with a saline or salt water solution to promote healing.

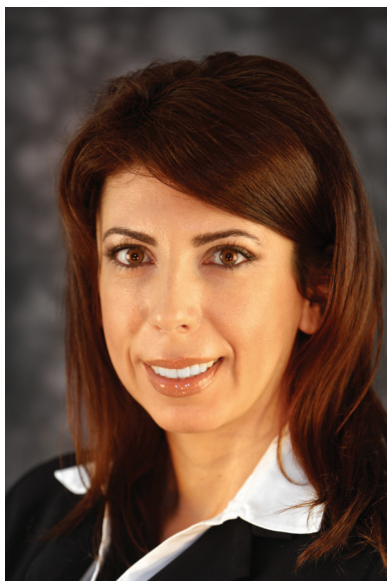
COSMETIC DENTISTRY

PONEH GHASRI DDS
General and Cosmetic Dentistry

Dr. Poneh Ghasri dedicates herself to providing the best quality dentistry for her patients using the safest and most effective techniques dentistry has to offer.

With over a decade of experience as a premier cosmetic dentist, Dr. Ghasri creates smile makeovers on a daily basis. Her advanced training expertise in restorative, cosmetic, and implant dentistry allows her the ability to successfully perform complex procedures, such as full-mouth rehabilitation cases, alongside a team of expert specialists. Well-versed in a variety of cosmetic and implant dentistry procedures, she is a trusted name in the modeling and entertainment industries. Dr. Ghasri is recognized by both the makers of Invisalign and Lumineers as one of the best in her field.

Dr. Ghasri is a dual graduate of UCLA, first earning her Bachelor's Degree with honors in Neuroscience from the UCLA College of Letters and Science before obtaining her Doctorate of Dental Surgery Degree from the prestigious UCLA School of Dentistry.



SHEILA MORIM DDS
General and Cosmetic Dentistry

Dr. Morim graduated from UCLA with a Bachelor's degree in Biology. She continued her education at the UCLA School of Dentistry and graduated in the top 5% of her class earning her Doctorate of Dental Surgery degree.

Dr. Morim practices general and cosmetic dentistry and is an active member of several dental society programs. She enjoys being part of a unique multi-specialty practice because it allows her the opportunity to provide her patients with the most comprehensive dental care.



ALINA TIRASPOLSKAYA DDS
General and Cosmetic Dentistry

Dr. Tiraspolskaya graduated with honors from UCLA with a Bachelor's degree in Biochemistry. She continued her education at the UCLA School of Dentistry where she earned her Doctorate of Dental Surgery degree, graduating in the top 5% of her class. She continued her training in a residency program at Wilson-Jennings-Bloomfield-UCLA Venice Dental Center for Advanced Education in General Dentistry.

Dr. Tiraspolskaya is a premier practitioner, always keeping herself abreast of all the latest developments in dental technologies. She has completed numerous certifications in dental implant reconstruction and cosmetic dentistry. She is an active and involved member of several Los Angeles Dental Societies and peer review clubs.

NANCY SAGHIAN DDS
General and Cosmetic Dentistry

Dr. Saghian is a compassionate dentist who dedicates her full attention, delicate touch, and excellent clinical skills to every patient she treats. She graduated Summa Cum Laude from UCLA, where she earned her Bachelor's degree in Public Health. She then returned back to UCLA School of Dentistry for her Doctorate in Dental Surgery.

Dr. Saghian's passion for community public health encourages her to promote preventative dental care and minimally invasive techniques in order to create and maintain healthy and beautiful smiles. She dedicates much of her time to continuing education, providing her patients with the newest techniques in the field and incorporating evidence-based dentistry in her clinical practice. In her free time Dr. Saghian enjoys practicing Pilates, cooking, and exploring different cuisines while traveling.



MARK ROJTMAN DDS
General and Cosmetic Dentistry

Dr. Marc Rojtman has years of experience in all phases of general dentistry. He attended dental school at NYU and has been practicing general and cosmetic dentistry for over 15 years. He is licensed in both New York and California to practice Dentistry. Dr. Rojtman has taken extensive continuing education in all phases of general dentistry. He takes pride in caring for each one of his patients as if they were his own family members. He has extensive training in cosmetic and digital dentistry. Dr. Marc Rojtman was born in France and came to the US when he was just a teenager. He and his beautiful wife Tammy have two wonderful sons. In his spare time, Dr. Rojtman enjoys traveling with his family, going to the beach, skiing, and watching movies. In addition to dentistry, the multi-talented Dr. Rojtman is also a licensed private pilot.



PRIYANKA ASSUDANI DDS
General and Cosmetic Dentistry

Dr. Priyanka Assudani is a graduate of University of Colorado Dental School and recipient of numerous awards for excelling in Operative Dentistry and Periodontology. She is a seasoned professional and a well respected practitioner.

Dr. Assudani is passionate about dentistry and believes that a great practitioner must possess a balanced blend of science, creativity, arts, compassion and excellent communication skills. She believes in educating her patients to make informed decisions and make treatment as comfortable and painless an experience as possible. Her strong focus is on comprehensive treatment planning that revolves around detailed diagnosis, treatment execution and preventive protocol.

Dr. Assudani is an active member of the American Dental Association, the California Dental Association and the Los Angeles Dental Society- which facilitate her to attend frequent continuing education courses to keep up with the latest research and implement evidence based care into her practice of dentistry.



COSMETIC DENTISTRY

Cosmetic Dentistry is a field of dentistry that focuses on the improvement and appearance of your teeth and smile. This improvement to your smile brings many benefits to your life that go far beyond the appearance of your teeth and smile. These techniques utilize the latest in technology to give you a beautiful white smile and to give your teeth an attractive appearance, while also protecting your health. We offer all kinds of cosmetic dentistry procedures.

WHITENING

ZOOM WHITENING

Teeth whitening is one of the most popular procedures available in cosmetic dentistry. Millions of people have discovered the benefits of whitening their smiles, including an improved appearance and a boost in self-confidence. However, many people do not realize that the most effective and simplest whitening treatments are those performed right at the dentist's office. These types of whitening treatments are also known as in-office whitening.

In-office teeth whitening can usually be performed in one visit, in about 90 minutes. Often a peroxide-based gel will be applied to the teeth, which penetrates the tooth enamel and bleaches deeply-embedded stains. By removing these deep stains, the entire tooth gains a lustrous white appearance.

WHITENING

F.A.Q.

WHAT IS THE DIFFERENCE BETWEEN AT-HOME TEETH WHITENING AND IN-OFFICE TEETH WHITENING?

For very lightly stained teeth, at-home treatments may be effective; however, for deeply stained teeth, in-office whitening is usually far more effective.

HOW LONG WILL THE TEETH WHITENING EFFECT LAST?

The beautiful and brilliant white color will last some time, depending on your dental hygiene routine and the foods you consume. The better you are able to stay away from staining agents, such as coffee, red wine, smoking, etc. - the longer your results will last post treatment.

DOES INSURANCE COVER THE COST OF TEETH WHITENING PROCEDURES?

No, dental insurance typically does not cover the cost of teeth whitening procedures.

HOW MANY TIMES CAN I SAFELY HAVE MY TEETH PROFESSIONALLY WHITENED?

You can have the teeth whitening procedure up to 2 times per year.

IS EVERYONE A GOOD CANDIDATE FOR TEETH WHITENING?

Teeth whitening is not recommend for children under the age of 18, or for women during pregnancy. Likewise, teeth whitening is not effective nor advised for those with gum disease, veneers or crowns, or for individuals with worn out enamel on their teeth.

VENEERS

Dental veneers cover cosmetically unattractive, damaged or unstable teeth. Veneers are fashioned to mask unsightly problems such as cracking, chipping, staining, or other irregularities in teeth. The use of veneers is one of the less-invasive methods used to solve image-based dental issues and give you a beautiful, uniform smile.

SNAP-ON SMILE

Snap-On Smile was invented by a dentist who realized that not everyone can afford a total Hollywood smile makeover. Snap-On Smile's unique, proprietary formula of high-tech dental resin makes it very thin yet extremely strong. It is a fabricated perfect set of teeth that literally fits right over your own teeth to give you a beautiful, natural looking smile-even if you have stains, chips, gaps, or missing teeth.

At your first visit the dentist will examine your teeth, decide if you are a good candidate for Snap-On Smile and if so, discuss the best aesthetic look for your face and mouth. The dentist will then take an impression of your teeth, with no pain, no shots or drilling whatsoever, and send your impressions to a special lab to have your Snap-On Smile custom made just for you. Approximately three weeks later, the dentist will fit your Snap-On Smile and make any adjustments (if necessary). You'll then be shown how to pop your new smile on or off and remember - you can eat with it, drink with it, and wear it all day (as long as you remove it before going to sleep).

DENTAL BONDING

Dental bonding is a procedure that uses a composite resin to "sculpt" teeth into perfect shape. With dental bonding, chipped or cracked teeth can be reshaped and look brand new. Stained teeth receive a complete "face lift" with bonding, and even gapped teeth can sometimes be repaired with the use of this technique.

Dental bonding begins with a mild etching solution that is applied to the teeth to create a bondable surface. A pliable composite resin is then placed on the teeth and sculpted into the proper shape. This resin is very malleable until it hardens, and it can be colored to match your own tooth's color exactly so as to appear completely natural.

DENTAL BONDING

F.A.Q.

What can dental bonding fix?

Dental bonding can help with gaps between teeth, cover discolored teeth, and reshape chipped teeth. While bonding will not solve all of your dental problems, it can be used to repair a wide array of dental issues.

Will it hurt?

Dental bonding is a procedure that is well-tolerated by most patients. Since bonding does not involve any surgical procedures, it can be performed quite painlessly. In fact, even patients with systemic issues that are prohibited from dental surgical procedures can benefit from bonding.

INLAYS & ONLAYS

Inlays and onlays are dental techniques which offer great results in covering problem tooth areas, but allow you to keep the original tooth intact more so than crowns or fillings.

Dental inlays are composed of porcelain, gold, or composite resin. They are custom-made to fit inside the cusp of a damaged tooth. Inlays cover the portion of the damaged tooth which is visible and prevent any further decay from entering the tooth.

Dental onlays are similar to inlays but cover more extensive areas of the tooth, often the entire top portion. Onlays are also custom-fitted to match the exact contours of the tooth's surface, and are placed and filed so that they blend with the rest of the tooth exactly. Like inlays, onlays are attractive in appearance and virtually undetectable in the mouth.

INLAYS & ONLAYS

F.A.Q.

How long is the procedure?

Both onlays and inlays require two dental visits. In the first visit, the old filling is removed or the decayed area cleaned, and measurements are taken for the production of the custom-fitted inlay or onlay. On the second visit, the inlay or onlay is placed, shaped and polished.

TOOTH COLORED FILLINGS

Cavities are the most common dental problem. Millions of dental fillings are placed each year to stop cavities and strengthen teeth. While patients formerly had no choice when it came to the type or color of their fillings, there are new techniques available now which make fillings far less unsightly, especially in highly visible areas.

One way to reduce the visibility of fillings is to use new tooth colored fillings. These new fillings are made of resin or porcelain, which can easily be tinted to match the tooth's natural color. Once the filling is set and polished, it is virtually indistinguishable from the natural parts of the tooth.

In the past, dental fillings were made of a mixture of a metal, often silver, and other fillers to provide strength. This metallic mixture worked well for fillings because it was highly resistant to decay, hardened quickly, and offered great protection for the affected tooth.

However, in recent years, tooth colored fillings have become a much more widely used option. These restorations do not use metal but rather strong materials, such as fiberglass, to give them support and strength. Like metal fillings, they are very resistant to decay, but they also have the added benefit of being invisible in the mouth.



COSMETIC DENTISTRY F.A.Q.

WHAT IS THE DIFFERENCE BETWEEN LUMINEERS AND TRADITIONAL VENEERS?

Unlike traditional veneers, Lumineers are ultra thin and thus the placement of Lumineers involves no shots, no drilling of sensitive tooth structure, and no pain.

AM I A GOOD CANDIDATE FOR SNAP-ON SMILE?

Only with a thorough examination can a dentist properly assess if a patient is a good candidate for Snap-On-Smile.

AM I A GOOD CANDIDATE FOR ZOOM! TEETH WHITENING?

A consultation is required to determine which whitening product is the best fit for you.

WHY SHOULD I CHANGE MY SILVER FILLINGS?

Silver or amalgam fillings contain mercury, which has been linked to a number of health problems. Composite (tooth-colored) fillings are placed using color-match technology so that the filling matches the natural color of the tooth, providing a much better aesthetic result and without the use of hazardous materials.

WHAT IS TOOTHBRUSH ABRASION?

Toothbrush abrasion occurs when the surface enamel of a tooth has been damaged due to brushing too aggressively or using a harsh (non-soft bristled) toothbrush.

WILL MY INSURANCE COVER COSMETIC PROCEDURES?

Some insurance plans do cover certain cosmetic procedures. For specific assessment of insurance coverage, you must come in for a consultation or contact your insurance provider.



LUMINEERS®

LUMINEERS

Lumineers are a type of porcelain veneer that is as thin as possible, but still solves aesthetic dental issues. The structure of Lumineers is so thin that no pre-filing of the teeth is usually necessary. By avoiding this preparatory phase, teeth retain their integrity, and the veneers can be removed at some point in the future if desired. However, some situations require thicker veneers and tooth filling may be unavoidable. Our dentist can explain the options in your case.

LUMINEERS

F.A.Q.

HOW IS LUMINEERS™ BY CERINATE® DIFFERENT THAN TRADITIONAL VENEER PROCEDURES?

LUMINEERS is unique in that it is like a thin shell (approximately .2 mm) and super translucent. These veneers are applied to teeth for the most natural look possible. Traditional veneers are fused or bonded to teeth and, generally, your dentist will need to grind down your own tooth for a good fit. Since LUMINEERS are so thin, little to no tooth reduction is necessary. In addition, LUMINEERS resist micro-leakage and micro-cracking.

I'VE HEARD THAT VENEER PROCEDURES HURT, IS THAT TRUE WITH LUMINEERS?

It's true that because most traditional veneer procedures require a substantial amount of tooth structure removal, there may be some pain and discomfort involved. However, LUMINEERS are completely different because there is no need for grinding, cutting or filing of teeth in almost all cases. Consequently, no anesthetic or numbing shots are needed. Plus, no uncomfortable temps are required while you wait for your LUMINEERS to be created. Once the procedure is completed, there is no post-placement discomfort or sensitivity, which means they will look natural and feel comfortable from the start.

I THINK I NEED BRACES, BUT I REALLY DON'T WANT TO GO THROUGH THE INCONVENIENT, UNSIGHTLY AND TIME-INTENSIVE PROCESS. CAN I GET LUMINEERS INSTEAD?

Perhaps. LUMINEERS can change the shape and alignment of teeth, making them look straighter and more uniform.

HOW LONG WILL LUMINEERS LAST?

LUMINEERS porcelain veneers have unparalleled longevity. Clinical testing shows that a LUMINEERS procedure can last and look great for up to 20 years.

WITH LUMINEERS, DO I NEED TO USE A SPECIAL TOOTHPASTE OR FLOSS A DIFFERENT WAY?

LUMINEERS is similar in structure to real tooth enamel. Consequently, you can continue to brush with your favorite toothpaste and floss regularly as you did before you had LUMINEERS. You should always try to choose a low-abrasion toothpaste that will remove plaque, stains and tartar gently, but effectively.

WITH LUMINEERS, CAN I STILL CHEW GUM AND EAT MY FAVORITE STICKY FOODS LIKE CORN OR CANDY?

Yes, because LUMINEERS is laid over original teeth in the most durable way possible. However, you should continue routine visits to your dentist.

GENERAL & COSMETIC DENTISTRY

F.A.Q.

CAN I GET MY TEETH CLEANED ON MY FIRST VISIT TO YOUR OFFICE?

We never guarantee a cleaning on the first visit because a doctor must first assess what kind of cleaning is necessary. Also, in some cases, certain insurance companies don't authorize a cleaning at a new facility without a comprehensive exam performed first.

HOW OFTEN DO I NEED X-RAYS?

X-Rays are recommended every 6 months.

HOW OFTEN SHOULD I SEE A GENERAL DENTIST IF MY TEETH ARE IN GOOD HEALTH?

A check-up is recommended twice a year, or every six months. In some cases the dentist may recommend a visit every three or four months.

HOW OFTEN SHOULD I GET A CLEANING?

Depending on your overall oral hygiene habits, your doctor may recommend a cleaning every three, four, or six months.

WHAT IS THE DIFFERENCE BETWEEN A REGULAR CLEANING AND A DEEP CLEANING?

A regular cleaning, or prophylaxis, is the polishing and scaling of the tooth surface in the absence of periodontal disease. A deep cleaning is more invasive and includes scaling and root planing below the gumline to remove bacteria above and below the gumline.

WHY SHOULD I GET COMPOSITE FILLINGS INSTEAD OF AMALGAM?

Amalgam fillings must be held in structurally, meaning the dentist in many cases must remove more tooth structure than just the decayed portion. Composite fillings not only offer a better aesthetic result, but they are bonded to the tooth structure such that only the decayed area needs be removed - thus better preserving the structural integrity of the natural tooth.

HOW OLD DOES MY CHILD HAVE TO BE TO START SEEING A GENERAL DENTIST?

Generally patients transition from a pediatric dentist (or Pedodontist) to a general dentist around age 8. A toddler should be seen by a pediatric dentist when their first tooth comes in.

CAN I HAVE DENTAL WORK DONE WITHOUT THE USE OF ANESTHETICS?

Perhaps. An examination will have to be done to determine if that's possible.

CAN I BE PUT TO SLEEP FOR MY DENTAL TREATMENT?

Perhaps. Your overall health condition will have to be assessed.

Dr. Afar did such an amazing job on my veneers. Very personable, professional and accommodating. If I could give him ten stars on the finished product, I would.

- Cory W.



ENDODONTICS



PAYMAN KAKOLI DDS MS
Endodontics (Root Canal Specialist)

Dr. Kakoli graduated from the University of Maryland with a Bachelor's degree in Biology. He received his Doctorate of Dental Surgery degree from the University of Maryland School of Dentistry and attended hospital general practice residency at the Department of Veteran's Affairs Medical Center in Baltimore.

He continued his advanced postgraduate studies at the University of Maryland, where he completed his residency in Endodontics and received his Master's degree in Biomedical Sciences during the course of his dental education. Dr. Kakoli has received numerous honors and awards such as the Harry E. Latcham Memorial Medal for Excellence in complete Oral Restoration, and membership in the coveted Omicron Kappa Upsilon (OKU) Honorary Dental Society.

Dr. Kakoli is an active member of the American Dental Association (ADA), the California Dental Association (CDA), and the American Association of Endodontists (AAE). He presents nationally on various endodontic topics at the American Association of Endodontists Annual Sessions. His endodontic research has been published in the prestigious Journal of Endodontics.

They literally saved my life when an old root canal became infected... and they treated me with respect and care! When you think of "Great" people in the world, Dr. Afar is not doubt a genius in his field, you will sense this immediately about him. Torre the office manager is super helpful and nurturing, and Michelle their assistant, was incredibly helpful pushing to take care of my symptoms sooner than later. Dr. Kakoli the root canal specialist is a super intelligent professional for sure.

- Mark R.





WHY WOULD I NEED AN ENDODONTIC PROCEDURE?

Endodontic treatment is necessary when the pulp (the soft tissue inside the root canal) becomes inflamed or infected. The inflammation or infection can have a variety of causes: deep decay, repeated dental procedures on the tooth, or a crack or chip in the tooth. In addition, an injury to a tooth may cause pulp damage even if the tooth has no visible chips or cracks. If pulp inflammation or infection is left untreated, it can cause extreme pain or lead to an abscess.

During regular dental checkups, our dentist will be able to offer a thorough oral examination and take X-rays. These two steps are very important in catching endodontic issues in their earliest stages before it becomes painful for the patient. When caught early, there is also a much better chance of removing diseased cells before they become severely infected and painful.

ROOT CANALS

The American Dental Association claims that as many as 16 million root canals are performed every year in the United States alone. Modern root canals can often be carried out very quickly and with minimal discomfort. During this procedure, a small hole is made in the tooth to extract the diseased pulp. After the infected pulp is treated, a filling is placed to cover the hole and restore the integrity of the tooth. Lastly, a porcelain or gold crown is then placed over the tooth to protect it from further injury as well as to strengthen it.



ORTHODONTICS

ALLEN JACOBSON DDS
Orthodontics and Invisalign

Dr. Jacobson is a native of the Los Angeles area and proud alumnus of the University of Southern California, where he obtained his undergraduate and Doctorate of Dental Surgery degrees.

After USC, Dr. Jacobson spent a few years on the east coast where he completed his residency in Orthodontics and Dentofacial Orthopedics at the University of Connecticut. While in Connecticut, he also earned a Master's degree in Cranio-Facial Biology for his work on aesthetics and the presentation of dentition during speech. He has extensive training in both the use of traditional orthodontic appliances as well as the latest in modern orthodontic techniques. His goal for all orthodontia patients is to attain the most aesthetically pleasing smile without compromising functionality and comfort.



Best Dentist for Invisalign!

I had Invisalign consultation with a couple of other dentists, but none of them could really explain to me how it worked. Then I had a consultation with Dr. Jacobson. He took time and answered all my questions and made sure I knew everything about the treatment procedure, how long it took, ... He was really helpful, not just at the consultation but throughout the whole treatment.

- Irene M.



Everyone deserves the right to have a straight and beautiful smile. Orthodontic treatments are used to straighten teeth or to correct the alignment of teeth, which if left untreated can lead to speaking or eating problems. Nowadays, it's common for adults to seek these treatments in pursuit of a better smile. Orthodontic treatments provide a more pleasing appearance that help boost a person's self-confidence and self-image.

When patients find themselves with crooked teeth or major gaps, they often wonder what permanent options may be available to them to restore their smile. We offer one of the most advanced straightening systems to date - Invisalign aligners, but we also believe patients should remain informed about traditional metal braces as well.

WHO NEEDS ORTHODONTICS?

Orthodontic treatments are designed to provide relief to those living with crooked teeth, excessive gaps or spacing between teeth, misaligned teeth, or bite problems. These conditions can be the result of many different factors. Teeth can grow abnormally due to genetics or premature loss of baby teeth. Teeth that are broken during childhood can grow incorrectly and cause alignment problems also. These scenarios can lead to overbites or prevent permanent teeth from growing normally.

ORTHODONTIC TREATMENTS

Two popular types of treatments used to straighten and align teeth are traditional metal braces and Invisalign clear aligners. These treatments provide excellent ways to gently shift teeth into alignment during the length of the treatment. Metal braces use a series of metal brackets and wires that are attached to the tooth exterior. The braces are adjusted during each phase of the straightening treatment to accurately straighten and align teeth.

INVISALIGN

The Invisalign system is very different from traditional metal braces. Instead of using a series of metal wires and clamps, Invisalign offers clear plastic trays which are custom-fitted to the patient's mouth. As the series of trays progressively change, the teeth are gradually shifted into proper alignment.

INVISALIGN PROCEDURE

Invisalign aligners are formed from a mold made of your teeth on your first visit. Every Invisalign set is custom-crafted to fit only your mouth. The first set of plastic trays hugs your teeth very closely in their present alignment; however, subsequent trays, which are changed about every two weeks, gradually change the tooth configuration. This gradual changing of the alignment of your teeth actually provides faster results, in many cases, than metal braces.

TRADITIONAL METAL BRACES

Traditional metal braces are very effective at straightening teeth, no matter their condition. This process is carried out by attaching wires to the teeth and then tightening them at regular intervals. Over the course of a few months or years, patients will see their smile transform as their teeth re-align.

BIGGEST ADVANTAGE OF INVISALIGN

One of the biggest advantages of Invisalign is that the trays are clear and virtually invisible in your mouth. This promotes usage by patients who were sometimes not compliant with wearing metal braces. Young people in particular, love the fact that Invisalign is invisible, and are much more likely to enjoy the course of orthodontic treatment than if they are forced to wear visible metal braces. Another advantage of Invisalign is that it can be removed at will, so eating and brushing the teeth is never a problem.

ORTHODONTICS

F.A.Q.

HOW LONG WILL IT TAKE FOR ME TO GET STRAIGHT TEETH?

Every case is different and must be assessed by an orthodontist, but generally orthodontic treatment lasts approximately 1-2 years.

WHAT IS INVISALIGN?

Invisalign is an alternative to metal braces that involves the use of clear, custom-made trays that gradually move your teeth as they are worn over the teeth.

WHAT FOODS AM I NOT ALLOWED TO EAT WHEN WEARING TRADITIONAL BRACES?

A list of foods will be provided for you, but generally chewy, sticky and hard foods should be avoided.

WHAT FOODS AM I NOT ALLOWED TO EAT WHEN WEARING INVISALIGN?

Invisalign trays must be removed in order to eat, therefore there are no restrictions in eating associated with the Invisalign system.

HOW MUCH DOES ORTHO TREATMENT COST?

Cost is dependent on the specific case. We offer complimentary consultation with our orthodontist so that the exact cost and length of your treatment may be discussed with you.

CAN I MAKE MONTHLY PAYMENTS?

Yes, we are happy to accommodate in-house as well as third party financing for our orthodontic patients.

WHY DO I NEED TO OBTAIN DENTAL RECORDS FOR ORTHO TREATMENT?

We need to establish starting and finishing points for treatment.

IS ORTHODONTIC TREATMENT PAINFUL?

Discomfort is common when teeth are moving, but varies from person to person. Generally, patients report soreness for the first few days after each adjustment is made, but that soreness subsides as the teeth adjust to change.

WILL MY INSURANCE COVER ORTHODONTIC TREATMENT?

Certain insurance plans do cover orthodontic treatment. We would be happy to check your plan information and inquire as to whether your particular policy provides orthodontic coverage of any kind.

I love this place! We have been coming here for a while now and everyone from the staff to the Doctors are awesome. My kids love coming here too.

My son and I currently have braces and enjoy our visits with Dr. Allen, Dr. Danielle and Dr. Alina we see for our regular checkups. And I had a very positive experience with Dr. Afar when I had all my wisdom teeth pulled out. Nancy the dental assistant is the BEST. She's so friendly and caring. Always puts me at ease. Marcella and Arell in the front desk are always so helpful to work my appointments to fit my schedule.

I know there's more staff that we've interacted with like Ozzy, and Jasmine, but seriously this place has the best team out there. I can't say enough about them. They rock!

- Mirsha G.






PEDIATRIC DENTISTRY

JESSICA PAK DDS
Pedodontics

Dr. Jessica Pack graduated from UCSD with a bachelor's degree in Biology. She then received her doctorate of dental surgery at UCLA.

During dental school she discovered her passion for community outreach, preventive care, and working with children. She pursued her passion and completed a residency in pediatrics at USC. Throughout her dental career, she has been involved in many community service activities, health fairs, and school visits. She continues to be an active member of her community as a clinical assistant professor at the USC mobile dental clinics.

Dr. Pack is a member of the American Academy of Pediatric Dentistry and is a Diplomate of the American Board of Pediatric Dentistry.



I'm so happy with Mid-Wilshire dental. My son has AUTISM and at first I was skeptical because not everyone can deal with my son on a professional level. But I was surprised to see my son getting his teeth cleaned and fluoride placed on his teeth without even one outburst. The staff was kind professional and treated my son like he has no challenges. My son is happy and I'm a happy parent. So YES, I will recommend family and friends to Mid-Wilshire dental Care. Thanks to the staff and doctor(s) for making my trip to the dentist less stressful.

- Samuel P.

A Pediatric Dentist has two to three years of specialty education after dental school and focuses his/her career on the treatment of children's dental needs. Their area of expertise lies in being the main provider for babies, toddlers, children and teens along with those with unique health requirements.

Pediatric Dentistry focuses on the distinct needs of your child's oral hygiene and well-being. Your child's oral health is our top priority. Together, we can work with you to instill lasting, healthy oral hygiene habits that will last your son or daughter a lifetime. We will instruct in ways to prevent cavities by strengthening teeth, preventing bacteria from forming, and eating a proper diet. By scheduling an appointment early on, we can help your child avoid preventable cavities.

Our goal is to help your children feel comfortable and carefree when visiting us. We strive to provide your child a positive experience in an environment that is geared toward their interests.

PEDIATRIC DENTISTRY F.A.Q.

AT WHAT AGE SHOULD I BRING MY CHILD TO THE DENTIST FOR HIS/HER FIRST VISIT?

We recommend bringing your child in after the appearance of the first tooth.

HOW OLD DOES MY CHILD HAVE TO BE TO BE PUT TO SLEEP?

The administration of general anesthesia is at the discretion of the anesthesiologist, pedodontist, and pediatrician.

MY CHILD WAS TRAUMATIZED BY A PREVIOUS DENTAL EXPERIENCE, HOW DOES YOUR OFFICE DEAL WITH SUCH PATIENTS?

Our staff is specially trained to work with children and make every effort to provide a positive experience in a calming environment for you and your child.

WILL MY CHILD EXPERIENCE ANY PAIN?

We take every precaution to ensure every procedure is as pain-free as possible.

CAN HE/SHE GO TO SCHOOL THAT SAME DAY?

In most cases yes, however in certain cases the doctor may recommend a short recovery period.

HOW DO I PREVENT MY CHILD FROM GETTING CAVITIES?

By teaching them the correct manner in which to brush and floss and what foods to avoid to maintain long-term oral health.

WHY DOES MY CHILD NEED FLUORIDE TREATMENT WHEN THERE IS FLUORIDE IN MOST TOOTHPASTES?

The fluoride administered by a dentist is of a higher concentration than anything available in toothpastes. Additionally, we cannot determine how much fluoride a patient is using between visits. Generally, patients report soreness for the first few days after each adjustment is made, but that soreness subsides as the teeth adjust to change.

WILL MY INSURANCE COVER ORTHODONTIC TREATMENT?

Certain insurance plans do cover orthodontic treatment. We would be happy to check your plan information and inquire as to whether your particular policy provides orthodontic coverage of any kind.

TMJ

Temporomandibular Joint Disorder (TMJ) is a common and painful condition that can cause tenderness on each side of the head near the joints, along the jaw, or in front of the ears. This is the same joint that allows us to talk, chew, and even yawn, so any pain in this area can be debilitating.

Anyone that has recently felt this type of chronic pain should understand what symptoms to look for, why they may be experiencing it, and what TMJ treatment by an experienced dentist may be able to offer you.

ABOUT TMJ

TMJ symptoms include tenderness around the jaw, pain near the ears, difficulty chewing, aching facial pain, a locking of the joint, chronic headaches, an uncomfortable bite, or uneven chewing patterns

There are many causes for this condition that patients should also remain aware of. Some of the most common causes include an erosion of the disk that aligns the jaw, damaged cartilage, trauma to the area, grinding of the teeth, and arthritis. Many of those in need of TMJ treatment often report they suffer from one or more of these catalysts.

In rare cases, this ailment may go away without any professional TMJ treatment. For those that continue to suffer from TMJ though, professional treatment by a dentist will most likely be necessary.

Dentists may also prescribe powerful muscle relaxants that may help with headaches and clenching of the jaw. Some of the most severe cases may require Botulinum injections to realign the jaw.



STAFF: PERIODONTIST

AZADEH TAVARI DDS Periodontist

Azadeh Tavari is a board certified periodontist and implant specialist. She focuses on patient-centered care, customizing treatment to each patient to provide the most comfortable, esthetic and minimally invasive techniques to achieve each patient's dental health goals. She emphasizes a team approach to a patient's comprehensive dental treatment to successfully address a patient's individualized goals.



Dr. Tavari was born and raised in Los Angeles. She received her Bachelor's degree in Neuroscience with a minor in Craniofacial and Dental Technology from the University of Southern California. She then went on to attend the University of Southern California's Ostrow School of Dentistry for her Doctor of Dental Surgery Degree (D. D. S.), graduating with honors. Dr. Tavari then further pursued her passion for dentistry and continued at USC to complete a specialty residency program in Advanced Periodontology. She also earned a Masters in Craniofacial Biology (M.S.) during her residency career.

While pursuing her dental education, Dr. Tavari also actively conducted and published research in the fields bone regeneration and implant dentistry. She is an active member of many professional periodontal and dental associations, and received the 2017 Robert Merlin Student Leadership Award from the California Society of Periodontists.

After a very traumatic episode with a previous root canal therapy that lead to a very toxic bacterial infection for me. My family member who is a physician introduced me to Dr. Afar and his team. They coordinated a day and time where I was able to be seen and treated by the anesthesiologist, Dr. Kakoli, and Dr. Afar. I was able to be seen in one appointment to have all my work done under sedation. A root canal, crown, and crown lengthening surgery was done on me without any complications. The front desk staff followed up with me after my treatment to make sure was doing well.

- Alexi Afari



STAFF: DENTAL HYGIENISTS



AZADEH YAGHOUBIAN
Dental Hygienist

People always ask me why I became a dental hygienist. Frankly, I love caring for and helping people as much as possible - especially if it means they will have a big beautiful smile on their face when they leave our office. I am a graduate of USC and am currently practicing in 3 different specialty offices, and loving every moment of it.



ZARA ALOEI
Dental Hygienist

Hello, my name is Zara Alohi. I am a graduate of the university of Southern California. I received my bachelor of science degree in dental hygiene. I am a dedicated, fanatical, and passionate dental hygienist who works to motivate patients to improve their oral health by creating a positive environment of mutual respect and open communication. In my spare time, I enjoy doing art work and spending time with friends.



MONICA HAYEGANI
Dental Hygienist

My name is Monica Hayegani and I am a Dental Hygienist with a degree from USC. I pride myself in providing high quality care with a personalized approach to my patients. I believe that educating my patients is the most important aspect in helping them obtain and maintain great oral health and overall wellbeing.



TANAZ ANVAR
Dental Hygienist

My name is Tanaz Anvar. Giving people a great smile is a passion of mine, which has led me to pursue a career in the dental profession. I earned my dental hygiene degree in 2011 from West Los Angeles College and my Bachelors in 2013 from C.S.U.N. I love being a dental hygienist, because it allows me to provide oral health care and education to my patients while providing periodontal treatment. My favorite Hobbies are spending time with family and friends. When I am out and about, I enjoy traveling, hiking, biking in the nature, watching the sunset by the beach, and walking in the rain.

STAFF



MARCELLA
MARTINEZ



ETHLYN
TORRE



MARICELA
MARMOLEJO



JANET
NAVARRO



LEANDRA
CARRILLO



VANESSA
GARCIA



JEN
MOORE



ARELI
JIMENEZ



MIMI
VEGA



JOCELYN
CRUZ



LANI
MENDOZA



NANCY
SIGALA



GABBY
GARCIA



MARILYN
MEDRANO



REA
AYAPANA



KSANDRA
ALEJANDRIA



FERI
HOSSEINI

FINANCIAL POLICIES

For your convenience, we accept cash, Visa, Master Card, American Express and Discover Card. We also feature CareCredit 3rd party financing.

All services are to be paid for at the time service is rendered. As a courtesy to our patients we will submit your insurance claims on your behalf. However, please note that certain procedures are not always covered by your insurance and you are responsible for any deficiencies. Our business personnel will be happy to discuss details with you. Take advantage of the 12 month interest-free payment options offered by CareCredit.



CANCELLATION POLICY

As a courtesy, we attempt to confirm most appointments 48 hours in advance. However, if we are unable to reach you, keeping your appointment is your responsibility.

We require an advance 24-hour notice of cancellation or request to reschedule an appointment. Failure to reschedule or cancel your appointment in this time frame will result in a charge of \$50 per 1/2 hour appointment for general, and \$150 per 1/2 hour appointments with specialists. Please note that all Monday appointments must be canceled by 2 P.M. the preceding Friday or a broken appointment charge will be applied.

As a condition of treatment by this office, financial arrangements must be made in advance. We depend upon timely reimbursement for the costs incurred in rendering care. Financial responsibility on the part of each patient must be determined before treatment. All emergency dental services, or any dental services performed without previous financial arrangements, must be paid for in cash at the time services are performed unless other arrangements are made.

A service charge of 1½% per month (18% per annum) on any unpaid balance will be charged on all accounts exceeding 60 days, unless previous written financial arrangements are satisfied.

Any fee estimate for dental care can only be extended for a period of six months from the date of the patient examination.





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Multi-Specialty
Dental Group