Dentistry and Maxillo-Facial Surgery

Our skilled team at the Department of Dentistry and Maxillo-facial surgery includes paediatric dentists, orthodontists, endodontics, oral and maxillofacial surgery, prosthodontics and periodontics. The department has been catering to the dental needs of its patients since its inception. Our services are rendered to children, teens, adults and even patients with special health care needs. From common paediatric conditions like chipped tooth and overbites to more complex surgical treatments, our team of experts are equipped with years of experience to handle anything, with utmost care. Backed by a post-op rehabilitation and care team, the Department of Dentistry and Maxillo-facial surgery has delivered millions of smiles over the years.

Dentistry and Maxillo-Facial Surgery – Medical Procedures

[DENTAL BRACES](http://www.fortishealthcare.com/india/key-medical-procedures/dental-braces-92)

Dental braces — Comprehensive overview covers definition and what to expect with this corrective dental procedure.

[KNOW MORE](http://www.fortishealthcare.com/india/key-medical-procedures/dental-braces-92)

Dental braces

Mayo Logo

Dental braces are wire-based appliances that orthodontists use to correct crowded and misaligned teeth or jaws. Many people who need dental braces get them during their early teenage years. However, adults also may benefit from wearing braces. The goal of dental braces is to properly align your teeth and jaws to produce an even bite and pleasing smile.

For teens or adults who need minor corrections, an alternative to fixed braces is a series of clear, customized, removable appliances called aligners or "invisible braces." Clear aligners may be more expensive than fixed braces, but may have a more acceptable appearance to some adults. However, many people need fixed braces to appropriately correct their dental problem.

Modern materials and technologies make the experience of having dental braces much more comfortable than in the past.

[DENTAL EXAM](http://www.fortishealthcare.com/india/key-medical-procedures/dental-exam-93)

Dental exam — Overview covers preparation and what to expect during a dental exam.

[KNOW MORE](http://www.fortishealthcare.com/india/key-medical-procedures/dental-exam-93)

Dental exam

Mayo Logo

Regular dental exams are an important part of preventive health care.

During a dental exam, the dentist or hygienist will clean your teeth and check for cavities and gum disease. The dentist or hygienist will also evaluate your risk of developing other oral health problems, as well as check your face, neck and mouth for abnormalities. A dental exam might also include dental X-rays (radiographs) or other diagnostic procedures.

During a dental exam, the dentist or hygienist will likely discuss your diet and oral hygiene habits and might demonstrate proper brushing and flossing techniques. Other topics for discussion might include lifestyle factors that can affect oral health and possible cosmetic improvements to your teeth.

[DENTAL EXAM FOR CHILDREN](http://www.fortishealthcare.com/india/key-medical-procedures/dental-exam-for-children-94)

Dental exam for children — Overview covers preparation and what to expect during pediatric dental exams.

[KNOW MORE](http://www.fortishealthcare.com/india/key-medical-procedures/dental-exam-for-children-94)

Dental exam for children

Mayo Logo

Regular dental exams are an important part of preventive health care.

During a dental exam for children, the dentist or hygienist will clean your child's teeth and evaluate your child's risk of tooth decay. A dental exam for children might include application of various protective measures — such as sealants or fluoride treatments — to reduce the risk of decay. A dental exam for children might also include dental X-rays (radiographs) or other diagnostic procedures.

During a dental exam for children, the dentist or hygienist will likely discuss your child's diet and oral hygiene habits and demonstrate proper brushing and flossing techniques. Other topics for discussion during a dental exam for children might include preventing oral injuries or, for adolescents, the health risks associated with tobacco, substance abuse and oral piercings.

[DENTAL IMPLANT SURGERY](http://www.fortishealthcare.com/india/key-medical-procedures/dental-implant-surgery-4)

Dental implant surgery — Overview covers definition, risks, results of this permanent tooth-replacement procedure.

[KNOW MORE](http://www.fortishealthcare.com/india/key-medical-procedures/dental-implant-surgery-4)

Dental implant surgery is a procedure that replaces tooth roots with metal, screw-like posts and replaces damaged or missing teeth with artificial teeth that look and function much like real ones. Dental implant surgery can offer a welcome alternative to dentures or bridgework that doesn't fit well.

How dental implant surgery is performed depends on the type of implant and the condition of your jawbone. But all dental implant surgery occurs in stages and may involve several procedures. The major benefit of implants is solid support for your new teeth — a process that requires the bone to heal tightly around the implant. Because this healing requires time, the process can take many months

Wisdom tooth extraction

Mayo Logo

Wisdom tooth extraction is a surgical procedure to remove one or more wisdom teeth — the four permanent adult teeth located at the back corners of your mouth on the top and bottom.

If a wisdom tooth doesn't have room to grow (impacted wisdom tooth), resulting in pain, infection or other dental problems, you'll likely need to have it pulled. Wisdom tooth extraction may be done by a dentist or an oral surgeon. Some dentists and oral surgeons recommend wisdom tooth extraction even if impacted teeth aren't causing problems, as a preventive measure against potential future problems.

# Physiotherapy Hospital In Mumbai

Physiotherapy is a health care profession that provides treatment to individuals to develop, maintain and restore maximum movement and function throughout life. Dr L H Hiranandani Hospital's Centre for Physiotherapy and Physical Rehabilitation is located on 8th floor of the hospital and is spread over 5000 sq. ft. It employs the most advanced equipments procured from the world's leading manufacturers. A team of experienced physiotherapists at the Hospital judiciously chart the course of your recovery helping you regain your independence thus rebuilding your self-esteem and positive attitude.

Services Offered  
**Orthopedic Rehabilitation**The treatment encompasses a wide variety of medical and surgical Orthopedic conditions such as Arthritis, Joint replacement surgeries, amputations, fractures and several pain producing muscular and bony disorders, strains and sprains.  
Exercise stations, considered the best in the world, help in strengthening the muscles.

**Post trauma Rehabilitation**  
It aims to enhance and restore functional ability and quality of life in individuals with physical impairments or disabilities inflicted by accidents, amputations, fractures etc.

**Post Joint Replacement Rehabilitation**  
Physical rehabilitation plays a vital role in rebuilding strength, agility, and range of motion in patients after any joint replacement surgery. Strength and balance is improved by exercising on various pneumatically controlled exercise stations and computerized balance trainers.

**Neuro rehabilitation**  
Physiotherapy in neurological disorders is concerned with rehabilitation of individuals with brain or spinal cord injury.   
Patient - focused and customized healthcare strategies are designed for individuals with following conditions   
Stroke  
Head Injury  
Spinal Cord Injury  
Multiple sclerosis  
Parkinson's disease  
Gullian Barre Syndrome   
Peripheral Nerve Injury  
Muscular Dystrophy

**Balance and Co-ordination Training:** is vital element of rehabilitation program. The MTD trainer has a platform that can measure and train balance, symmetry, speediness, strength, capacity as well as coordination. It consists of number of computerized tasking, which enhances the perception, cognition and anticipation. The exercises on MTD can be tailored for patients as per the body weight and requirement. The training by MTD trainer is supported by visual and audible feedback.   
On MTD, balance can be trained while performing various activities in different body positions such as sitting, squatting, one leg standing, toe standing, forward bending, backward bending, jumping, etc

**Weight supported Harness system**: It is used for patients with poor trunk control to help them walk safely without falling. Stroke patients can be ambulated on treadmill using the harness system.

**Tilt table**: It is used for postural orientation and standing with support in paralyzed patients.

[Go to the top of this page](http://www.hiranandanihospital.org/content/physio.html#top)

Spine Rehabilitation  
Various spine related problems like Spondylosis, which cause neck and back pain, disc problems and postural disorders, are treated using advanced manual therapy and joint mobilization techniques on highly specialized manual therapy table.

Sports Rehabilitation  
It plays a vital role in multi-disciplinary management of sports injuries. We aim to treat and fully rehabilitate an athlete after his injury or surgery and regain his ability to participate in sports in shortest possible time. Most advanced exercise equipments that help improve strength, stamina, endurance, flexibility, balance stability, proprioception, speed and agility are used.

**ISOKINETIC SYSTEM of Strengthening:** ISOKINETIC multi-joint and work simulator are computer aided biomechanical testing, training and rehabilitation equipments. Individualized exercise regimes are designed for effective rehabilitation. It has Biofeedback system, where patients can follow their training displayed on screen in real time. It enables the patients to perform movement realistically at desired target speed with minimum force. Performance can be displayed and recorded for evaluation and progress chart.

**HUR training stations** are based on pneumatic air resistance technology system. They help build functional fitness by increasing and maintaining flexibility, strengthening and toning of muscle, increasing static and dynamic endurance. They have step-less (smooth) adjustment of resistance, which avoids overloading of joints and connected tissues thus making it more safer and effective training system.

Pulmonary Rehabilitation  
Pulmonary rehabilitation is an integral part of the clinical management and health maintenance of patients with sub acute or chronic lung conditions. It helps train respiratory muscles and develops physical and respiratory endurance in such patients.  
It is indicated in respiratory conditions like

Chronic bronchitis   
Asthma   
Cystic fibrosis   
Bronchiectesis   
Interstitial lung disease   
Thoracic surgery

[Go to the top of this page](http://www.hiranandanihospital.org/content/physio.html#top)

Pain Management & Electrotherapy  
Physiotherapy is an integral part of pain management and is effective in different conditions like spondylosis, frozen shoulder, osteoarthritis and inflammation of joints, strains and sprains of muscles & ligaments and sports injuries.

The Centre Offers the Following Modalities in Pain Management  
Short Wave Diathermy  
Long Wave Diathermy  
Ultrasonic Therapy & Phonophoresis  
TENS  
Traction  
Infra Red Lamp  
  
**Advanced Pain Relieving modalities like**  
Laser  
Shock Wave Therapy  
Combo therapy  
Whirlpool

**LASER** involves the application of specific wavelengths of light to affected body tissues. It reduces inflammation, decreases pain level. , accelerates soft tissue and bone repair and increases tissue tensile strength.   
It is used in treating conditions like   
� Arthritis (rheumatoid, osteoarthritis),  
� Fibromyalgia,   
� Carpal Tunnel Syndrome,   
� Tendinopathies ,   
� Tennis Elbow,   
� Myofascial Trigger Points,   
� Repetitive Strain Injuries ,   
� Chondromalacia Patellae,   
� Plantar Fasciitis,  
� Back Pain ,Knee Pain, Shoulder Pain ,  
� Sports Injuries.

**Shock Wave Therapy** is very effective in resolving chronic pain, calcification, adhesions and give excellent results in the management of ligaments and tendons injuries.  
It helps relieve chronic pain associated with heel spurs,   
� plantar fasciitis,   
� tennis/golfer's elbow,   
� Achilles tendinitis,   
� Calcific shoulder tendinitis,   
� Frozen shoulder,  
� Patellar tendinitis

**Combo therapy** provides combined benefits of ultrasonic therapy and various advance current therapies such as Russian current, didynamic current and micro current. It uses biofeedback for muscle strengthening.

**WHIRLPOOL BATH Hydrotherapy:** useful means of exercising arthritic joints using the buoyancy of water to assist or resist movement. The warmth of the water increases the circulation and helps reduce muscle spasms, producing more effective movement.   
Joint mobility, muscle strength and general fitness can be improved with hydrotherapy.

Various **manual therapy and mobilization techniques** aid patients to recover faster and gain quicker functional ability.

[Go to the top of this page](http://www.hiranandanihospital.org/content/physio.html#top)

Antenatal And Postnatal Classes  
Special classes are conducted for groups of would-be-mothers. It helps them get ready for labor and child birth.  
Postnatal exercises help in uterine involution and also in restoring the perineal muscle tone. It also focuses on strengthening abdominal and back muscles.  
Our aim is to help you regain the pre-pregnancy physical fitness.

Physiotherapy In Incontinence  
It aids in strengthening perineal muscles and manage incontinence with perineal exercise, current therapy and biofeedback.

Our Team  
**Dr.Archana Bondge (PT)**  
MPT (Musculoskeletal)  
Full time consultant physiotherapist

**Dr.Janhavi Rankhambe (PT)**  
BPT  
Full time consultant physiotherapist

**Ms. Rakhi Vinay Darne**  
MPTH (Musculoskeletal, U.K), BPTh  
Full time Consultant - Sports Medicine

**Dr.Roli Dave (PT)**  
MSPT (Sports Medicine & Physiotherapy), PG Cert.CVR, Cardiovascular Rehabilitation-UK.  
Full time consultant physiotherapist

**Dr Vidya Karane (PT)**  
MPT (Neurosciences)  
Full time consultant physiotherapist