

Drs. D'Arco & Tehrani: The Dental World's Dynamic Duo

By Camille Sperrazza

One of the more popular wishes for any new year is "good health."

But feeling well and staying healthy isn't something that can be wished for. It's important to be pro-active, and regular check-ups with doctors help steer us in the right direction. Yet, we sometimes neglect our dental health. Visiting the dentist regularly is an important part of staying well.

If you haven't seen a dentist in the last six months, it's time to do so. **Drs. Jared D'Arco and Sasha Tehrani** (586A President Street, 718-398-6300) are two dentists who utilize topnotch technology to make visits as easy as



Expect a warm welcome with attention to detail from Drs. Sasha Tehrani (left) and Jared D'Arco.

possible.

In fact, they make visits comfortable for the entire family. Dr. Sasha, who prefers that patients call him by his first name, points out that he was part of an honors program for pediatric dentistry. When it comes to dealing with children, he has great patience, yet he notes that in the very "kid-friendly neighborhood" in which he works, "not enough children are coming to see the dentist."

He says that children should have their first dental visit at age 2. Parents need to bring their children for visits so they may develop good, lifelong dental habits.



Dr. Jared D'Arco utilizes topnotch technology to make dental visits as easy as possible. Photos by Paul Martinka

The office has been open just about six months, and it has all the latest state-of-the-art equipment that make going to the dentist a positive experience for everyone. For example, the doctors use high tech digital x-rays. Using this new technology means patients are exposed to, "90% less radiation," says Dr. Sasha.

After the ex-rays, patients can have an ultrasonic cleaning. The doctors use a tool called a cavitron to get teeth sparkling clean.

But just in case your own smile is not bright enough for you after this high-tech cleaning, consider the Zoom 2, an in-office whitening procedure that can be done in the office in about an hour, says Dr. Sasha.

"Patients don't have to go through the trouble of using trays at home," he says. Instead, this procedure is activated with U.V. light, and is the same technology featured on the television show, "Extreme Makeover," the doctor says. "I recommend it for people who want a brighter smile. It's great for weddings and wedding parties."

Your bright smile will last about 6 months to a year, says the doctor. The procedure can then be repeated.

Root canals were once dreaded by many. It was not only uncomfortable, but it was a time-consuming procedure, requiring several visits to the dentist. Not anymore. Dr. D'Arco explains that by using the newest equipment available, root canals can be done "in one visit, most of the time." That's because hand filing is no longer necessary. Instead, the latest technology does the work, accu-

rately and quickly.

When patients come to the office, they're put at ease immediately. Computers and monitors are in each room. Patients can even bring their own CDs or DVDs. Or, they can choose what they want to watch from an available selection.

Dr. Sasha says that there are actually two computers in each room. This is so the doctors can observe digital x-rays while patients continue to watch movies. When it comes time for doctors to explain what they've discovered, they can forward the information to the patient's screen.

Best of all, patients are welcome to come in for a free consultation. "We'll talk to you and examine your mouth," says Dr. Sasha, and there's no charge.

The doctors are members of the American Dental Association of New York State, the Dental Association and Dr. D'Arco is part of the Second District Dental Society, Brooklyn Chapter. Both men are graduates of the NYU School of Dentistry. Dr. D'Arco did a one-year residency at Brooklyn Hospital, and Dr. Sasha at New York Hospital in Queens.

Conveniently located on the corner of 4th Avenue and President Street, the office is open six days a week: Mondays, 9 a.m. - 5 p.m.; Tuesdays, 10 a.m. - 8 p.m.; Wednesdays and Thursdays, 9 a.m. - 7 p.m.; Fridays, 9 a.m. - 5 p.m. and Saturdays from 9 a.m. until 3 p.m. Most dental plans are accepted.