

Jan [redacted]
Mission Viejo, Calif.

July 31, 2009

Dr. Nicolas Caplanis
La Paz Medial Dental Center
26302 La Paz, Suite 207
Mission Viejo, CA 92691

Dear Dr. Caplanis:

If any of your patients have apprehension about your abilities as an oral surgeon or the bone graft surgery (in preparation for the implants), please feel free to share my experience with them. I'd be happy to talk to anyone in person, too.

For years, my friends and family have referred to me as someone with a low pain tolerance. I am not sure how I got that reputation, but it has stuck with me. Some of my loved ones even say I can be really high-maintenance. Yeah, whatever.

So it should be no surprise that I was extremely anxious about moving forward with the implant process. Very early in the process, my anxiety was reduced during my first visit with you. Your friendly personality, professional demeanor and the time you spent explaining things to me were really appreciated.

The pre-op appointment further reduced my stress levels and your willingness to help me with my surgery day stress was also appreciated. The surgery ended up being a non event. I was never uncomfortable. I was never scared or alarmed. Your team made sure I had a safe ride home and that we knew what to do for the days following the surgery.

My mouth was sore after the surgery for a few days, but nothing like I had envisioned. I iced my cheeks, so I never really had much swelling. I drank a lot of milkshakes and ate plenty of ice-cream. Yum. I actually enjoyed my down time. I wanted to make sure I had enough recovery time after surgery, so I scheduled an entire week off. Instead, I took it easy for three or four days, then I was pretty much ready to get back to my normal schedule.

Nine days later, as the last of the sutures were dissolving; I was wakeboarding on Lake Mead. Thank you for all you and your team did to make the first surgery of this process a pleasant one.



Jan [redacted]