



# It's a woman's world

Uma Jeyanathan shares how she has strived to amalgamate and integrate dentistry, facial aesthetics, and skin health practice while working part time and raising a young family



**Dr Uma Jeyanathan BDS MFDS RCS Ed** is lead clinician for facial aesthetics and skincare at Mydentist Putney. Uma believes in a holistic approach when treating patients, addressing lifestyle factors, skin regime and interventional treatments collectively. Contact Uma at [info@umaaesthetics.com](mailto:info@umaaesthetics.com).

*"Part-time" should not be a taboo phrase. If you work hard for the time you are in the surgery, and you work in a practice that provides that little extra flexibility, it can really work'*

I have a somewhat unique working life, as I have different areas of focus to most dentists. I have had the flexibility to organise my days to meet these demands, whilst also accommodating a busy personal life as a parent to two young children.

I have been empowered and enabled to follow my passion, widening my scope of healthcare practice. This journey has led me to become the facial aesthetic and skincare lead for my practice, a far cry difference from my first few years without children and purely dedicated to dentistry alone.

### Complementary treatments

In addition to my dental appointments each week, I see patients for treatments such as chemical peels, mesotherapy, toxin injections, and dermal fillers. My philosophy is about looking at skin health holistically, which involves giving patients advice on, for example, nutrition and hydration, as well as performing treatments.

The patients who attend for a consultation will have a journey created for them; we concentrate on skin radiance and blend in treatments to refine areas of concern. Many people today want to age well rather than changing their facial features and their natural looks, and a comprehensive approach to skin health and aesthetics can help them achieve this – especially when combined with good dental health and aesthetics.

### A typical week

I am fortunate enough to live a 15-minute walk from the practice. I would highly recommend the close proximity living, coupled with the daily walks, to all dental professionals.

On Tuesdays and Thursdays I start in the practice at 10am (after the nursery/school run). I see a mixture of NHS and private dental patients, as well as some facial aesthetic patients until 5pm. On Mondays and Thursday evenings, I focus solely on facial aesthetics and skincare appointments. In order to really maximise these treatment offerings, I have dedicated evening hours offering patients concentrated time outside of normal working times. This has allowed me to commit large periods of time working on what has become a real passion of mine.

### It's all about efficiency

I have always believed that if you can be efficient, you can work fewer hours without compromising quality of care or your work-life balance. I organise meetings during my lunch breaks and other administrative responsibilities. Meetings can include planning events for the

practice, organising collaborations with other business or having product representatives visiting for front-of-house training.

When I am at work, I start the day by writing down a checklist. This will contain things as simple as booking a vaccination for my youngest child to private prescriptions for facial aesthetic materials. It is imperative I break my thought process up into small specific tasks on my checklist. I find I can achieve each task effectively and it significantly reduced my mental load. I believe that even though I do work part-time hours I am as effective as possible.

Dentistry involves concentrating for long periods of time and this, combined with the need to absorb the emotional energy of all your patients, can make it incredibly tiring, both mentally and physically. It is documented that dental professionals have a high amount of stress and I think that is because no one has the longevity to perform at this level for five to six days a week, every week for years.

I now strive to maintain a balance where I can take my time and deliver excellent care to patients, but still enjoy being a mother, wife and homemaker.

Financial pressures that some people worry about can be solved with efficient planning too. 'Part-time' should not be a taboo phrase. If you have the drive to work hard for the time you are in the surgery and you work within a practice that provides that little extra flexibility, it can really work.

The way I structure my week means I absolutely love what I do and it gives me that extra drive and passion to really be the best I can be. I am lucky enough to be surrounded by a great team and partner who supports me.

### Be a force to be reckoned with

In my experience, if you want to do something unique and forge a path that does not necessarily exist, you need to have a vision of what your ideal job plan is. I made a decision to have children and take charge of the majority of household and parental responsibility; this did not mean I wanted to relinquish my role as a dental surgeon or facial aesthetic practitioner.

When discussing the benefits of a career in our field, women have the ability to concurrently develop a prospering career and have a fulfilling home life. The dental and aesthetics lifestyle does allow flexibility and with meticulous planning a well-balanced home and work life is in our reach. It is important to be proactive and make the most of the opportunities available to you, plan your days carefully and enjoy the journey.

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