

Dr. Jeena A J ,BDS

Overseas Qualified Dentist | Dental Assistant | Chairside Clinical Support

Empathetic Dental Surgeon, equipped with a proven ability to adapt and demonstrate flexibility to accommodate various patient, dentist and equipment demands in a fast-paced environment. Knowledgeable and self-motivated with a willingness to work diligently to achieve personal and team goals.

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📍 Trivandrum, Kerala, India

🌐 [JEENA A J | LinkedIn](#)

📄 IELTS: 6.5

WORK EXPERIENCES

Dental Surgeon

Pazhoor Dental Clinic

07/2024- Present

Kerala, India

Working hours: 9:30 Am to 6:30 Pm

Achievements/Tasks

- Delivered high-volume patient care, managing 30–50+ patients daily with a strong focus on accurate diagnosis, evidence-based treatment planning, and patient satisfaction.
- Demonstrated advanced clinical expertise in scaling, root planning, splinting, and comprehensive periodontal therapy, contributing to improved patient outcomes in complex periodontal cases.
- Independently performed a wide range of minor oral surgical procedures, including surgical extractions, alveoloplasty, biopsy sampling, and apicectomy with high precision and success rates.
- Exhibited strong proficiency in endodontic procedures, successfully completing numerous root canal treatments using modern techniques and ensuring long-term tooth preservation.
- Executed restorative and preventive dental procedures including composite restorations, paediatric dental care, and oral prophylaxis with exceptional clinical accuracy.
- Gained extensive hands-on experience in advanced dental radiography, including digital radiographs, interpretation, and treatment planning using diagnostic imaging.
- Played a key role in multidisciplinary case management, assisting senior specialists in complex surgical and restorative cases, enhancing clinical decision-making skills.
- Actively participated in community dental health programs and screening camps, promoting oral health awareness and preventive care among diverse populations.
- Maintained strict infection control and sterilization protocols, ensuring compliance with hospital standards and patient safety guidelines.
- Efficiently handled clinical documentation, patient records, and case follow-ups, ensuring legal compliance and continuity of care.
- Developed strong patient communication and behavioural management skills, ensuring a comfortable and anxiety-free treatment experience.

Senior Dental House Surgeon

Government Taluk Hospital Kadakkal

05/2023- 06/2024

Kerala, India

Working hours: 8 Am to 1:30 Pm

Achievements/Tasks

- Expertise in Scaling, root planning, splinting, periodontal surgery, bone grafting and furcation management.
- Excellent in works like filling, scaling, deciduous extraction, endodontic surgery, Root canal treatment, Digital Radiography, and Extraction.
- Good knowledge of trans alveolar extraction, biopsy sampling, alveoloplasty and Apicectomy.
- Participate in various dental health screenings and treatment.

Dental Surgeon

Dr ELIZABETH'S Dental Clinic and Implant Centre & Santhwana Multi-specialty Dental Clinic & Implant Centre.

04/2022-04/2023

Kerala, India

Working hours: 9:30 Am to 6:30 Pm

Achievements/Tasks

- Diagnosing oral diseases. Prescribing antibiotics and pain medications to patients as required. Experience with healthcare databases.
- Removing decay from teeth. filling cavities, repairing cracked and fractured teeth.
- Impaction, Bleaching, surgical extractions, clinical crown lengthening surgeries.
- Developed dental x-rays, including periapical, bitewing, panoramic, cephalometric, and 3D cone beam scan.
- Removing teeth, straightening teeth to bring back to biting position, placing whitening agents on teeth
- Administering anesthetics on patients before starting procedures; examining the patient's teeth and mouth by conducting x-rays; and performing root canal treatments.
- Taking impressions of patients' mouths for the fabrication of customized mouthguards and dentures.
- Dental cleanings. Composites, Amalgam Restorative fillings and Complete Dentures.
- Fixed Partial dentures, Oral Prophylaxis. Removed calculus and plaque from all surfaces of the teeth.

EDUCATION

Bachelor of Dental Surgery (BDS)

PMS College of Dental Science and Research
Kerala University of health sciences (KUHS))

06/2014 - 04/2021

Trivandrum, Kerala

SKILLS

- Dental Implants (Assisting & Crown Placement)
- Crown & Bridge Procedures
- Teeth Whitening & Cosmetic Dentistry
- Smile Design & Restorative Dentistry
- Laser Dentistry (Soft Tissue Procedures)
- Root Canal Treatment (RCT) Assistance
- Ceramic Brackets & Orthodontic Assistance
- Coronal Polishing & Prophylaxis
- Alginate Impressions & Model Preparation
- Tooth Charting & Clinical Documentation
- Dental Instrumentation Familiarity
- Dental Materials Handling & Mixing
- Syringes & Local Anesthetic Preparation
- Topical Anesthetic Application
- Sterilization & Infection Control Protocols
- Chairside Assisting (Four-Handed Dentistry)
- Patient Care & Communication (Gentle Patient Handling)
- Treatment Planning Support
- Digital & Manual Patient Record Management
- Appointment Scheduling & Recall Systems
- Organized File Management & Clinical Documentation
- Radiograph Assistance (IOPA/OPG – if applicable)
- Dental Software & Clinic Workflow Coordination

ACHIEVEMENTS

Assisted various theatre cases in hospitals such as Oroantral fistula closure, FESS, Incision and drainage, mandibular odontogenic cyst removal etc.

Excellent diagnostic skills using clinical knowledge and x-rays and good knowledge of clinical practices and protocols.

Ability to work in stressful situations and ability to handle different types of patients.

Screened and assessed patients for oral health conditions, review of health history, oral cancer screening, and periodontal charting.

Comprehensive knowledge of dental tools, procedures and diagnostics; and patience at work.

Implemented patient counseling methods which increased client satisfaction by 85%.

LICENSES AND CERTIFICATES

Kerala Dental Council - Registered Dental Practitioner
(30/10/2022)

Senior Dental House Surgeon at Taluk Hospital Kadakkal

IELTS ACADEMIC Band Score : 6.5

PERSONAL DETAILS

Nationality - Indian

Date of Birth: 03-02-1994

AVAILABILITY

Available for relocation

Open to Dental Assistant / Chairside Assistant / Clinical Support roles

LANGUAGES

English

Professional Working Proficiency

Malayalam

Native or Bilingual Proficiency

Hindi

Professional Working Proficiency

Tamil

Professional Working Proficiency