

Dr. B. Aravinda, MDS

- ✓ **Senior Consultant – Periodontics, FMS Dental Hospitals, Jubilee Hills**
- ✓ **Professor, Department of Periodontics, SSCDS, Vikarabad**
- ✓ **General Secretary, SSCDS Alumni Association**

Executive Profile

Dr. B. Aravinda is a highly accomplished periodontist, academician and clinician with over a decade of experience in advanced periodontal care and dental education. She is widely recognized for her expertise in managing complex periodontal conditions through evidence-based, minimally invasive, and technology-driven treatment approaches.

At FMS Dental Hospitals, she plays a key role in delivering advanced periodontal therapies, with a strong focus on long-term functional stability, aesthetic outcomes, and patient-centric care. Her clinical approach integrates modern innovations such as laser-assisted procedures and regenerative protocols to achieve predictable and superior outcomes.

As a Professor and postgraduate guide at Sri Sai College of Dental Surgery (SSCDS), she is deeply committed to academic excellence, mentoring undergraduate and postgraduate students while contributing to the advancement of contemporary periodontal education. Her professional journey reflects a strong dedication to continuous learning, with special interest in periodontal microsurgery and advanced soft tissue management.

Academic Qualifications

- ✓ **Master of Dental Surgery (MDS) – Periodontics**
Government Dental College & Hospital, Hyderabad – 2015
Dr. NTR University of Health Sciences
- ✓ **Bachelor of Dental Surgery (BDS)**
Sri Sai College of Dental Surgery, Vikarabad
Dr. NTR University of Health Sciences

Professional Experience

- ✓ 10+ years of clinical experience in periodontics and comprehensive dental care
- ✓ 10+ years of academic and teaching experience
- ✓ Professor and postgraduate guide in Periodontics
- ✓ Mentor to undergraduate and postgraduate dental students
- ✓ Active involvement in clinical training, research guidance, and academic development

Core Clinical Expertise

Dr. Aravinda specializes in advanced periodontal and implant-related therapies, including:

- ✓ Evidence-based periodontal regeneration techniques

- ✓ Periodontal plastic and mucogingival surgery
- ✓ Minimally invasive laser-assisted periodontal procedures
- ✓ Management of periodontal diseases with systemic considerations
- ✓ Soft tissue augmentation around natural teeth and implants
- ✓ Interdisciplinary periodontal care planning

Clinical Case Experience

Dr. Aravinda has successfully managed a wide spectrum of periodontal cases, including:

- ✓ Advanced periodontal disease with complex bone loss
- ✓ Esthetic soft tissue corrections and gingival recession coverage
- ✓ Regenerative procedures for long-term tooth preservation
- ✓ Laser-assisted periodontal therapies
- ✓ Periodontal management in medically compromised patients

Her clinical outcomes are consistently aligned with long-term stability, patient comfort, and esthetic harmony, contributing to strong patient trust and referral networks.

Advanced Training & Continuing Education

Dr. Aravinda actively pursues advanced training to remain at the forefront of periodontal innovation. Key programs include:

- ✓ Microsurgical soft tissue augmentation workshop – AIIMS, New Delhi (2024)
- ✓ Advanced Cardiovascular Life Support (ACLS) – American Heart Association (2024)
- ✓ CBCT-based diagnostic training – ISP PG Convention
- ✓ Implantology training (Axiom system – Anthogyr Implant Institute)
- ✓ Laser dentistry intensive scientific program
- ✓ ISP Colloquium on Periodontal-Systemic Interrelationships
- ✓ ICOI South Asian Symposium (Implantology training)

Her continued focus lies in integrating microsurgical precision, regenerative science, and digital diagnostics into everyday clinical practice.

Research & Publications

Dr. Aravinda has contributed significantly to periodontal research with multiple publications in reputed journals. Her research interests include regenerative periodontology, biomarkers, and interdisciplinary care.

S. No.	Title	Journal	Year	Volume /Issue	Pages
1	Demineralized freeze dried bone allograft with or without platelet rich fibrin in the treatment of mandibular degree II furcation defects - a clinical and cone beam computed tomography study	Journal of Indian Society of Periodontology	2019	23	242–248
2	Solitary neurofibroma of the gingiva - an unusual case report	Scholars Journal of Dental Sciences	2019	6(4)	234–238
3	Assessment of knowledge, awareness and application of stem cells among dental professionals in Hyderabad	Journal of Dental Sciences and Research	2018	8	1–6
4	Comparative evaluation of Vestibular Incision Subperiosteal Tunnel Access (VISTA) Technique with and without Advanced Platelet-rich Fibrin for treatment of Maxillary Anterior Gingival Recessions	International Journal of Periodontics and Restorative Dentistry	2023	43	725–733
5	Comparative evaluation of serum and gingival crevicular fluid levels of interleukin 21 in periodontally diseased and healthy patients	Journal of Circulating Biomarkers	Sep 20, 2024	13	14–22
6	Treatment of Aggressive Periodontitis in a Patient with Systemic Lupus Erythematosus: A Case Report with 8 Years follow-up	Ann Afr Med.	2023 Oct-Dec	22(4)	549–553

Scientific Presentations

- ✓ Platelet Rich Fibrin – clinical applications
- ✓ Gingival neurofibroma case study
- ✓ Periodontal-systemic health correlations
- ✓ Dental plaque models and research insights

Professional Memberships

- ✓ Indian Dental Association (IDA)
- ✓ Indian Society of Periodontology (ISP)
- ✓ General Secretary – SSCDS Alumni Association

Teaching & Mentorship

An accomplished educator, Dr. Aravinda plays a pivotal role in shaping future dental professionals:

- ✓ Training undergraduate and postgraduate students in periodontics
- ✓ Guiding postgraduate dissertations and clinical research
- ✓ Conducting academic lectures, seminars, and clinical demonstrations
- ✓ Promoting evidence-based clinical decision-making

Clinical Philosophy

Dr. Aravinda believes that successful periodontal care extends beyond treatment to long-term oral health preservation. Her philosophy emphasizes:

- ✓ Early diagnosis and prevention of periodontal disease
- ✓ Minimally invasive and patient-friendly treatment approaches
- ✓ Integration of regenerative and microsurgical techniques
- ✓ Evidence-based, customized treatment planning
- ✓ Focus on long-term function, stability, and esthetics

Professional & Community Contribution

- ✓ Active participation in academic and clinical forums
- ✓ Contribution to alumni and institutional development
- ✓ Engagement in dental awareness and preventive care initiatives
- ✓ Advocacy for the link between oral and systemic health