

Sofia Navarro

DENTIST



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GDC-registered dentist with five years of experience in mixed NHS and private practice. Currently an associate dentist at a busy central London practice seeing 25-30 patients a day. I do a lot of restorative and cosmetic work — crowns, veneers, composite bonding — alongside routine NHS care. Completed my MJDF from the Royal College of Surgeons in 2023 and working towards a diploma in implant dentistry.

EXPERIENCE

Associate Dentist, Bupa Dental Care – Marylebone, London

Jun 2022 – Present

Mixed NHS and private associate role at a 6-surgery practice in central London.

- See **25-30 patients per day** across NHS examinations, restorative, and cosmetic treatments
- Deliver **£18,000+ in private revenue per month** from composite bonding, whitening, and veneer cases
- Perform **6-8 crown and bridge preparations** per week with a 98% patient satisfaction rating on Google reviews
- Reduced failed appointment rate by **22%** by introducing same-day text reminders and pre-appointment calls

Dental Foundation Trainee / Associate, Gentle Dental Care, Croydon

Sep 2020 – May 2022

Completed foundation training and stayed as an associate at this NHS-predominant practice.

- Built my own patient list from scratch to **1,800 registered patients** over 18 months
- Delivered **4,200 UDAs per year** consistently — 102% of annual target
- Gained experience in **surgical extractions, endodontics, and paediatric dentistry**
- Completed 30 hours of hands-on CPD in composite bonding techniques

EDUCATION

BDS (Hons) in Dentistry, King's College London, London

Sep 2015 – Jun 2020

Upper Second Class Honours (2:1). Final year project on *patient anxiety and its effect on treatment acceptance rates in NHS dental practice*. Clinical placements at King's College Hospital Dental Institute and community clinics across South East London.

SKILLS

Restorative dentistry (crowns, bridges, inlays) • Cosmetic dentistry (veneers, composite bonding, whitening) • Endodontics (single & multi-canal) • Surgical & non-surgical extractions • Paediatric dentistry • Dental radiography (OPG, periapical, CBCT) • SoE Exact & Dentally practice management software • NHS UDA delivery & clinical governance • Patient communication & treatment planning • Infection control & CQC compliance

CERTIFICATIONS

MJDF RCS(Eng) – Membership of the Joint Dental Faculties, Royal College of Surgeons of England

Jun 2023

GDC Registration, General Dental Council

Aug 2020

Certificate in Dental Implantology (in progress), UCL Eastman Dental Institute

Jan 2025

LANGUAGES

English (native) • Spanish (fluent)

PROJECTS

Cosmetic Dentistry Clinic Launch – Bupa Dental Care Marylebone

Jan 2023 – Jun 2023

Developed and launched a dedicated cosmetic dentistry service within the practice.

- Created treatment packages for composite bonding and whitening — generated **£48,000 in new revenue** in the first 6 months
- Built a referral pipeline from **4 local GP surgeries and 2 aesthetic clinics**
- Patient satisfaction score of **4.9/5** on Google reviews for cosmetic cases

Failed Appointment Reduction – Bupa Dental Care Marylebone

Sep 2023 – Jan 2024

Led a practice improvement project to reduce the no-show and cancellation rate.

- Introduced automated SMS reminders 48h and 2h before appointments
- Implemented a short waiting list system to fill cancellation slots within **2 hours**
- Failed appointment rate dropped from **14% to 9%** across the practice

REFERENCES

Dr Rajesh Mehta

Practice Principal, Bupa Dental Care – Marylebone
rajesh.mehta@bupa.com, +44 7700 900 412

Dr Helen Bridges

Foundation Training Programme Director, Health Education England (London)
helen.bridges@hee.nhs.uk, +44 7700 900 587

EXTRA CURRICULAR ACTIVITY

Volunteer – Remote Area Dental Outreach (Cambodia)

Mar 2024 – Apr 2024

Two-week dental outreach trip with Remote Area Medical to rural Cambodia. Treated 280+ patients, mostly extractions and emergency restorative work in a field clinic.

Member – British Academy of Cosmetic Dentistry

Jan 2023

Attend quarterly study days and the annual BACD conference. Completed the BACD accreditation portfolio — 12 assessed cases in composite bonding and veneers.