



Luxe fit-out creates perfect haven

By David Petrikas

A very clear design brief, high-end natural materials and help from a seasoned designer and a great builder have combined to create a luxury surgery on the NSW Central Coast. Dentist, Laura Jarvis and her husband, Lucas, set out to visualise an environment that they and their staff would enjoy working in and which would attract and relax patients.

Their thoughtful design is based on the alluring feel of a luxury hotel - a place Laura and Lucas say they feel most relaxed and special, so that is exactly what their reception and waiting room was built to emulate.

To achieve this, they considered everything from choice of materials, colour, lighting, temperature, sound, decoration and even physical touch and smell.

“All of these factors affect comfort and getting one of these elements out of place will detract from the overall feeling,” Dr Jarvis said.

“We have now created a space that people enjoy sitting in. We have people who drop in just to relax, especially mums who arrive early just to use this as a place to sit in peace.

“We worked closely with Antony Poate for implementing the design. He was very obliging to draft our ideas onto paper and I cannot imagine having done this without his help. He

assisted the entire process including obtaining a complying development certificate, radiation licensing and assessing the space for suitability for a dental practice - looking at size, plumbing services, air conditioning services and ceiling heights.

“Antony provided us with an initial draft that was a great starting point. At that stage, we could virtually walk ourselves through the practice and visualise a final result, which made it easy for us to tailor the concept into something that would work for us.

“We went through the design and created a space of our own, selecting the materials and furniture and modifying room position and sizing to suit.





“We wanted to create something special with our reception desk to make a statement. This beautiful artistic centrepiece was not easy to achieve. It has a ‘matchbox’ corner and a rough edge to simulate the raw features of the material and is intended to look as though it has come direct from the earth, which was achieved by a hand-hewn ‘broken’ finish along the bottom edge which took a craftsman several hours of chiselling to achieve.”

Adjacent the marble desk is a marble topped “tea station” with infused tea for patient enjoyment. The reception area has individual chairs, wall art, a coffee table and designer carpet - all of which create a feeling of pampering and opulence, rather than a waiting room.

When it came to builders, Laura and Lucas were unable to find a dental fit-out company prepared to work with their material selection or tackle changes like lifting the electrical conduit trays above reception to provide room for a coffered and panelled ceiling.

“The dental fit-out companies we spoke to are not familiar with working with real hardwood parquet flooring or set ceilings, both of which we had our heart set on,” Dr Jarvis said. “Ramping

was required in most rooms and there were some challenges in some areas, but it all comes down to problem solving and there is always an answer when you find a builder prepared to work with you.

“The dental fit-out companies encouraged us to use more traditional dental materials such as vinyl flooring and grid ceilings, however we had our heart set on our material selection. The quotes came at an absolute premium for the inconvenience of working with different materials. It became clear that we needed to contact a fit-out company that is more familiar with our material choices and had to look outside the companies specialising in dental. At the end of the day, there are only two services that are specific to dental in a fit-out and that is plumbing and electrical. We were very specific in requesting that these subcontractors had prior dental experience. The rest are just walls, floors and ceilings.

“We contacted a commercial shop fitting company, Denbil and they had absolutely no problem with our requests. Nothing we asked for was too hard and it was such a relief to have found them.”



Photographs by Lucas Jarvis

Summary

The Practice

The Practice	Element Dental
The Principals	Dr Laura Jarvis
Practice Type	General
Location	Erina, New South Wales
Size	140 square metres
No of chairs	2

The Team

Colour	Dr Laura Jarvis and Lucas Jarvis
Designer	Dr Laura Jarvis, Lucas Jarvis and Antony Poate
Construction	Denbil
Project Manager	Shaun Wainwright, Denbil
Installer	Presidential

Equipment

Dental Units	A-dec 500 x 2 with A-dec electric micromotor and ceiling mounted A-dec LED light
Sterilisation	Melag Vacuklav 44B+ Miele Thermal Disinfector
CBCT	Dentsply Sirona Orthophos XG 3D
X-Ray	Dentsply Sirona Heliodent Plus with Dürr VistaScan PSP scanner
Compressor	Cattani K200
Suction	Cattani TurboSmart A
Software	EXACT

Of course having a beautiful environment is only one aspect of a productive practice and Laura says that the choice of quality equipment and reliable service backup is something well worth budgeting for too.

“I have worked in many chairs from well-known brands and have to say that A-dec is the winner! The ergonomic design of the backrest provides comfort to the patient while being thin enough to allow for easier access for the dentist and nurse. Our career can be shortened by not having a comfortable chair,” Dr Jarvis said.

“I selected the A-dec 500 rather than other models for its overall appearance and for the deluxe digital touch screen which has much more information than a standard touchpad and works the best with the electric micromotor. I use the motor as an alternative to the air driven slow speeds and it can be used with a red band handpiece as well.

“The chair itself is the most streamlined of the models with a beautiful armrest that makes it easy to get in and out of and can be moved with your knee only and the headrest has an easy-to-use lever as opposed to a knob. It’s a small detail, but I really prefer it. The padding on the chair

is also the most streamlined of the models and for me, it comes down to aesthetic preference. I selected the sewn upholstery, as again I felt this was softer and more comfortable for the patients. I also believe it wears better as the fabric stretches.

“My patients love the chair and often comment on how comfy it is. Some will sit down and close their eyes as if to go into a deep slumber and some actually do fall asleep!”

The chairs are looked after by Presidential who have been very supportive and able to assist in radiation certification, sterilisation calibration and all servicing requirements.

