

# suburbanlife

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CHADDS FORD  
FAMILY DENTISTRY  
RESTORATIVE • IMPLANT • COSMETIC

# Smiles of Satisfaction

At **Chadds Ford Family Dentistry**, Dr. Reefat Malhotra and her staff strive to deliver an exemplary dental experience rooted in kindness, skill, and professionalism. BY PHIL GIANFICARO | PHOTOS BY NINA LEA PHOTOGRAPHY

**R**eefat Malhotra, D.M.D., stands before her patient fidgeting in her dental chair and sees a familiar look.

*That look.* The look conveying a tangle of nerves and uncertainty bordering on fear. Attempting to allay those fears, Dr. Malhotra does not recite her impressive C.V. of general and cosmetic dentistry. Nor does she reveal her years of successful practice preceded by graduating magna cum laude from the prestigious Boston University Henry M. Goldman School of Dental Medicine.

Rather, she shares her own history of having been afraid of visiting the dentist.

"I was actually terrified of the dentist growing up," says Dr. Malhotra, who was born in India. "It was only when I was about eight years old, when my mom took me to a dental school where one of her former students was a professor.

"[The dentist] took out a baby tooth that was stubborn to fall out," she continues. "He made me feel super comfortable and was very gentle and sensitive to my fears and concerns even at my young age. I left the appointment a changed person, thinking: *This wasn't as bad as I thought it would be.* I share that story with my own patients to let them know I know how they're feeling."

Dr. Malhotra likes to share that experience with every patient—whether they are nervous or not—who visits her Delaware County dental practice, Chadds Ford Family Dentistry.

Dr. Malhotra holds herself to the highest ethical and clinical standards. She continuously strives to not only meet but also exceed patient expectations and treatment outcomes from her state-of-the-art facility in Chadds Ford, which she purchased in December 2022 from Anna C. Giacalone, D.M.D.,







Dr. Malhotra with Hitesh Sachdeva, D.M.D., her husband and fellow dentist

MAGD, a member of the local healthcare community for over 28 years who has since retired.

With a wide array of experience, Dr. Malhotra provides efficient and effective dental treatment in an environment of compassion and comfort. She specializes in cosmetic dentistry, root canal treatments, Invisalign, and the planning and precise placement of dental implants.

Other services include routine cleanings, treatments for periodontal disease and gingival recession, extractions, bonding and tooth reshaping, tooth-colored fillings, porcelain veneers, crowns, dentures, fixed bridges, and teeth whitening, among others. Dr. Malhotra also recently became qualified to diagnose and treat obstructive sleep apnea through the American Academy of Dental Sleep Medicine (AADSM).

“Continuing education is extremely important to me,” she says. “I want patients to come in feeling confident and comfortable with how I take care of them. The dental field evolves every few years, and we at Chadds Ford Family Dentistry want to stay on top of the newest options out there.”

Evaluation of patients who choose Chadds Ford Family Dentistry begins before they arrive at the office. Dr. Malhotra personalizes each patient’s treatment plan along with the experience, so they are comfortable and confident about their makeover.

With a love for learning, she continually advances her craft by combining state-of-the-art technology, innovative techniques, and top-quality materials to achieve her artistic vision. The result? A smile the

patient will love in terms of appearance and function, and an experience that’s all about the patient’s needs and comfort.

Once the patient is seated in the dental chair, Dr. Malhotra will give the patient a complete examination of their gums and teeth, as well as provide an oral cancer screening. She also checks for possible issues pertaining to the temporomandibular joint, or TMJ.

Patients can choose from a “comfort menu” of amenities designed to make the experience as pleasant as possible; options include pillows, cozy blankets, and warm lemon-scented towels, among others. Also,

patients can indulge in various forms of entertainment, such as listening to music or watching content from Netflix, Amazon Prime, or another streaming service.

“We will do everything we can to make the patient feel at ease or more comfortable,” Dr. Malhotra adds.

While Dr. Malhotra’s practice is rooted in caring for the overall health, aesthetics, and functionality of the patient’s mouth, she reminds each patient that dental health plays a direct role in overall health.

“When bad things are going on in the mouth, it affects the entire body,” she says. “If you have an oral infection, it can go into the bloodstream and cause a lot of problems in the body. There is so much research proving the connection between oral and overall health.”

Chadds Ford Family Dentistry has amassed numerous five-star reviews from patients who express their appreciation for the kindness, skill, and professionalism of Dr. Malhotra and her staff. From one

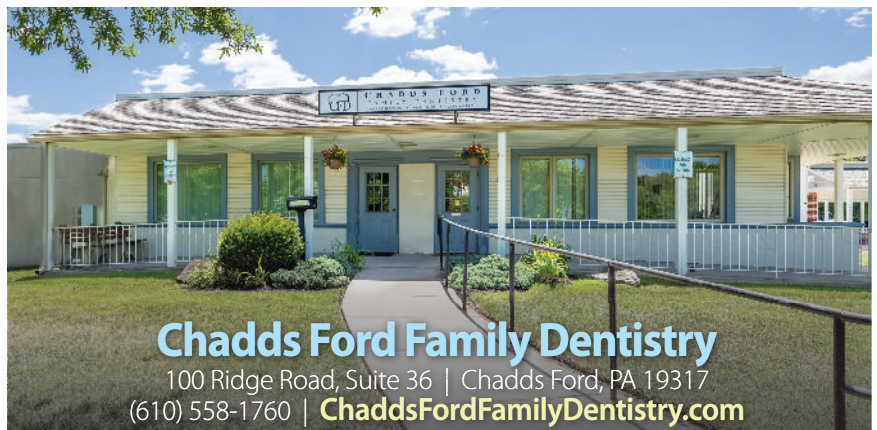
patient: “The entire staff gave me nothing but confidence in their work, and somehow made it pleasant to be at the dentist.” From another: “The staff has but one goal, [and] that is to make the patient have the best and most positive dental work experience that can be had.” From yet another: “I just love this place!”

Dr. Malhotra attributes the practice’s success to its ability to treat every patient as an individual who deserves the highest standard of care. She knows she

has done well when she stands before a patient relaxing in the dental chair—often the same patient who came into the office with fear in their eyes—and sees a smile stretching from one ear to the other. ■



Chadds Ford Family Dentistry offers a “comfort menu” of amenities designed to make each patient’s experience as pleasant as possible.



**Chadds Ford Family Dentistry**

100 Ridge Road, Suite 36 | Chadds Ford, PA 19317  
(610) 558-1760 | [ChaddsFordFamilyDentistry.com](http://ChaddsFordFamilyDentistry.com)