

# Quick fire round

Specialist orthodontist **EMMA LAING** from The Harley Street Dental Clinic talks transformations, proud moments and seafood

## FACTFILE

**Dr Emma Laing**

**Qualifications:** BDS, MFDSRCS(Eng), MSc, MOrthRCS(Eng)

**Job title:** Specialist in orthodontics

**Practice name:** Harley Street Dental Clinic

**Website:** [emmalaing.com](http://emmalaing.com) **Instagram:** @dremmalaing



## What got you into orthodontics?

I was interested in studying medicine but dentistry appealed more with the manual dexterity aspect and, at the time, more favourable working hours. So, I spent my teenage work experience in the oral and maxillofacial surgery department of my local hospital and was inspired by the surgery and orthodontics I saw there. After dental school I loved seeing the orthognathic cases and I knew orthodontics was my preferred specialty.

## What do you like most about it?

After many years as a specialist it never ceases to amaze me how much improving someone's smile has in terms of a positive impact on their wellbeing. It is a privilege to be involved in this transformation. Executing it for that individual's specific requirements is a challenge that I enjoy.

## What would you be if you weren't an orthodontist?

My passion was learning languages and I grew up with huge amounts of travel from my father being a pilot, so I am sure I would either have followed his footsteps or found an international business role, both a far cry from dentistry!

## Describe your practice in three words.

Caring, busy and ethical. I am increasingly becoming a fourth, that is, digital.

## What's your greatest strength?

I am a hard worker. I care about what I do and it matters to me that I do a good job.

## ...and your biggest weakness?

I'm not good at saying no so I can end up accommodating too many requests with little time left for myself.

## What is your biggest achievement?

Personally, the last four years as a mother. It has been the hardest and most rewarding few years to date. Professionally, winning the Gold Medal from Bristol University, a distinction in my orthodontics MSc, and a successful first decade in practice as a specialist.

## How do you cope with stress?

Running and time with my family.

## What do you prefer - Twitter, Instagram or Facebook?

Instagram, I love the visual layout. I was never a fan before Instagram. But I rapidly learnt that these platforms are such a sign of the times for marketing, networking, education, and being in touch that I needed to be on board with.

## What was the last picture you took with your phone?

The beautiful August bank holiday sunset. It is rare to have days of 30 degrees at the end of summer in the UK.

## Best compliment you have received?

That I am a good mum. Plus the kind words of my patients at the end of treatment, these can be extremely touching.



## What would your 'luxury item' be if you were stranded on a desert island?

Earl Grey tea.

## What's your favourite food?

I absolutely love fresh seafood, and I'll never forget fresh Maine lobster when I was near Boston with my dad. It was incredible.

## What's your guilty pleasure?

Peanut butter and marmite on toast. It's a family obsession.

## Where is your favourite holiday destination?

Our honeymoon was in the Maldives and it was utterly beautiful with clear seas.

## If you were a superhero, what would your superpower be?

I'd start with eliminating cancer, that'd be pretty amazing.

## Describe yourself in three words.

Focused, loyal and kind. P