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Dear Dr. Yousefian,

When I first came into your office five years ago, in so much pain and misery, I had no idea of the journey I was about to begin. At the time, I also had no idea that I had sleep apnea, and had never even heard of orthognathic surgery. I was fairly sure that I had some level of TMJ. My dentists could not fix the abnormalities of my bite. Since I could not chew on both sides of my mouth at the same time, I had constant pain from my jaw muscles, which had to overexert themselves just so that I could chew a meal. The worst part of it all was that the pain and swelling of my face after chewing seemed to trigger horrible migraines that lasted days.

Even the workup you did initially was a trial of pain for me. When you told me that I probably would need not only braces (at age 56) but also surgery to correct my problems, I went home in a daze. My husband and I thought hard about the choices I had to make, but one thing we never wavered in, and that was our trust and faith in you. Your presentation was so thorough and convincing, that, after doing my own research on the subject, I knew I would choose the surgery.

I have not regretted my decision, even when friends and family told me I was crazy to do it. I trusted in your holistic approach and spent two and a half years in braces and had three jaw surgeries done. I know I could not have done this if you and your entire staff had not been so kind and gentle, and guided me through it. One of the things that most impressed me and my husband was your close working relationship with Dr. Trimble (my surgeon). Both of you instilled the greatest confidence in us.

I went into this hoping that I could relieve about 1/3 of my headaches, not all of which are caused by TMJ. I ended up cutting them in half. I now sleep better, am more alert, and have improved memory. All my worries about the surgery were unfounded. The recovery was easier than I had anticipated and the aesthetic results were better than I had imagined.

So, thank you, Dr. Yousefian, for everything. I would recommend you in a heartbeat.