Hello and Welcome!

Welcome to one of UK's most hands on advanced operative aesthetic and restorative dentistry course where you will be receiving the best hands on teaching in the field of aesthetic restorative dentistry.

Please read through this booklet carefully as it contains details of the nature of the course as well as contact information.

We hope you enjoy the course as much as we have putting it together.

Please do not hesitate to contact us if you have any questions or require any further information.

Aspire Dental Academy

Email: info@aspiredentalacademy.com
Website: www.aspiredentalacademy.com
The Course

The course is delivered by Richard Porter and Raheel Malik.

Richard is a Consultant Specialist in Restorative and Implant Dentistry and Oral Rehabilitation. He is a vastly experienced teacher having run over 100 hands on courses. He has a higher diploma in post graduate dental and medical education and is well published in peer reviewed journals in subjects including tooth wear, composite build ups, crown and bridge, gerodontology, occlusion and Endodontics. He is a lead clinician in restorative dentistry at St. Georges Hospital, London, and has a very successful private practice based in London. He has placed and restored over 2000 implants, has completed over 5000 root canals and countless direct and indirect restorations. He is on the GDC specialist list for Restorative Dentistry, Prosthodontics, Endodontics and Periodontology, is a father and husband and welcomes you to this great opportunity with The Aspire Dental Academy.

Raheel works in a private practice in Notting Hill. After graduating with honours from Biomedical Sciences, Raheel qualified as a dentist from King’s College London, having won multiple awards as a student. In 2009, he won student clinician of the year and was 1st runner up in the UK finals. He also won the UK Dentsply/Ceram.X Case Contest in 2010, amongst many others. Raheel graduated receiving the prestigious ‘Academy of Operative Dentistry’ Award. He has also won awards since graduation. Raheel had his first publication in ’Aesthetic Dentistry Today’ as a final year student and has since been published many times in several journals including the Journal of Oral Implantology, International Journal of Dentistry, Journal of Craniofacial Surgery and Dental Update. He has also been interviewed in the British Dental Journal and Dentistry magazine.

Teaching is provided through seminars, hands-on practical exercises and group discussions. Throughout the course emphasis is placed on the hands-on element.

Prior to each course day, delegates are encouraged to read publications provided online. In order for you to benefit from the day’s teaching, we strongly recommend that these are read before each day. Further literature will be provided throughout the course, including comprehensive hand-outs to complement the days teaching.

Delegates will automatically enrol onto our online forum. This forum is for past and current Aspire delegates only. It provides you with a platform to discuss cases, seek help and have questions answered. Upon completion of the course, you will have continued access to the forum.
CPD Hours

Each day is worth 7 verifiable ‘Continued Professional Development’ (CPD) hours and is in accordance with the GDC’s enhanced CPD programme. Certificates will be given in December 2019 and at the end of the course.

Venues:

The course is held over two venues:

**Park Plaza, Westminster Bridge** (Day 1, 2, 3 and 12)
200 Westminster Bridge Road
London
SE1 7UT
United Kingdom

How to get there:

The closest underground stations are Waterloo (Mainline, Jubilee, Northern and Bakerloo lines) and Westminster (Jubilee, Circle and District lines), both 5-7 minutes walk away from the hotel.
**Londec** (Day 4, 5, 6, 7, 8, 9, 10, and 11)

King's College London  
3rd Floor Franklin-Wilkins Building  
150 Stamford Street  
SE1 9NH

**How to get there:**

This state of the art teaching facility is located 5 minutes walk from Waterloo station (Mainline, Jubilee, Northern and Bakerloo lines)

**Dress Code**

There is no formal dress code for the course. However, you may wish to bring your tunic and loupes for the hands on sessions at LonDec.
Syllabus

**DAY 1: Smile Design and Patient Management**

Introduction to aesthetic and restorative dentistry
The patient exam, diagnosis, prognosis and introduction to treatment planning
Caries and Periodontal Disease
Discussion of the perception of beauty
Assessment of facial landmarks
Smile Design
Treatment planning for the aesthetic case
Dentist-Patient Communication and the art of Soft Skills

*Hands on: Smile design exercises in groups with 1:1 guidance*

**Day 2: Colour, Shade Assessment and Bleaching**

Understanding properties of colour in aesthetic dentistry
Aesthetic shade analysis & mapping for direct and indirect restorations
Shade guides and light correcting lamps
What to record & how to record
Lab communication
Understanding aetiology of discolouration
Tooth Bleaching
Tray Design
Managing sensitivity
Tetracycline staining
Micro-abrassion and Resin Infiltration
Legality, Marketing & Fee setting
Managing patient expectations

*Hands on: Shade analysis & mapping using light correcting lamps*
Day 3: Clinical Photography  
(70% Hands-on 30% theory)  
Photography in dentistry  
Camera, lens and flash selection  
Tools for photography  
Deep understanding of camera settings  
Contrastors and polarising filters  
Portrait & Softbox lighting imaging  
Imaging of lab work  

**Hands on:**  
- Clinical Photography  
- Contrasted Images  
- Soft box artistic images  
- Lab work Images  
- Portrait imaging  

Day 4: Aesthetic Anterior Composites  
(70% Hands-on 30% theory)  
Anatomy of anterior teeth  
Understanding different composite systems  
Deep understanding of bonding  
Understanding the use of Diagnostic Wax-ups  
Biomimetically restoring the anterior tooth  
Layering techniques: creating internal & external effects  
Blending margins and preventing white lines  
Composite Veneers: when and how to do them  
Diestama closure  
Finishing and Polishing composites  
Trouble shooting  

**Hands on:**  
- Biomimetically restoring anterior teeth  
  - Diestama closures  
  - Composite veneers  
  - Finishing and polishing
Day 5: **Veneers & Soft Tissue Management**  
(70% Hands-on 30% theory)

- Indications
- Material Selection & Ceramics
- Clinical techniques – APT/APR
- Bur Selection

Step by step guide – Prep, Impressions, Try in, Temporisation, Cementation

- Immediate Dentine Sealing
- Types of veneer designs
- Lab Communication
- Fee Setting
- Soft tissue management

Gingival bio-types, Biological width & Bone sounding

Soft tissue retraction techniques

**Hands on:**

- **Veneer preparation using APT/APR technique**
  - Impressions
  - Fabrication of provisionals
  - Freehand Veneer Preparation

Day 6: **Aesthetic Anterior Crowns**  
(70% Hands-on 30% theory)

Types of anterior crowns: dentine bonded crowns, e.max & metal ceramic

- Indications & Case selection
- Preparation, temporisation, cementation
- Handpiece and Bur Control
- Bur Selection
- Adhesive cementation techniques & Cement selection
- Occlusion
- Soft tissue management: Electro surgery and lasers

**Hands on:**

- **Anterior Crown preps for e.max, dentine bonded & metal ceramic crowns**
  - Temporisation
  - Electro-surgery and Laser
Day 7: Aesthetic Posterior Composites
(70% Hands-on 30% theory)

Posterior tooth anatomy
Restoring Class I & Class II cavities using biomimetic layering techniques
Composite handling, sculpting and packing
Composite staining
Understanding the use of different matrix systems
Occlusion
Preventing and addressing issues of sensitivity
Rubber dam isolation

Hands on:
- Biomimetically restoring posterior cavities using composite
- Using sectional and circumferential matrices

Day 8: Posterior Aesthetic Onlays and Crowns
(70% Hands-on 30% theory)

Posterior onlay & full coverage crown preparation
Indications
Material selection
Bur selection
Preparation techniques
Handpiece and Bur Control
Marginal elevation techniques
Temporisation
Adhesive cementation techniques
Cement selection
Restoration of endodontically treated teeth
Post and Cores
Assessing restorability of badly broken down teeth

Hands on:
- Onlay preps
- Full coverage crown preps
- Post preps and Core build up
Day 9: Tooth Surface Loss & Full Mouth Rehab
(70% Hands-on 30% theory)

Tooth surface loss: types, diagnosis, prevention and treatment
Conformative vs Re-organised approach
Occlusion
Increasing OVD
Facebow and Articulators: how and when to use
Diagnostic wax ups and techniques for build-ups
Direct vs Indirect restorations for treatment of tooth wear
Long-term provisionals
Splint therapy
Lucia Jigs

Hands on:

- Composite build-ups of tooth surface loss cases
  - Facebows
  - Lucia jigs

Day 10: Replacement of Missing Teeth
(70% Hands-on 30% theory)

Indications for replacing missing teeth
Types of bridge designs and when to use which design
Material selection
Preparation of bridges, temporisation and cementation
Soft tissue management and aesthetic pontic site creation
Aesthetic Denture design

Hands on:

- Bridge preps: Resin Bonded bridges, Fixed-Movable, Fixed-Fixed
  - Denture design
Day 11: Practice Day
(70% Hands-on 30% theory)

Complex case assessment & Treatment planning
Management of multi-disciplinary cases
Problem solving

*Hands on:* Delegates to practice hands on techniques taught throughout the year

Day 12: Bringing it all together

Maintenance of patients
Fee Setting
Complex treatment planning
Interdisciplinary case management
Creating a clinical referral pathway
When to refer
Dealing with failures and Trouble Shooting
Certificate presentation

At the end of each day, clinical cases with varying complexity will be discussed and treatment planned. Delegates are encouraged to bring in cases they are currently treating in practice so we can help treatment plan and advise. Occlusion is a broad subject and will be discussed on each day with relevance paid to the relationship of occlusion and the specific topic of the day.
## Course Dates:

### Group 1

<table>
<thead>
<tr>
<th>Day</th>
<th>Topic</th>
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<td>4</td>
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<td>5</td>
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<td>8</td>
<td>Posterior Aesthetic Onlays &amp; Crowns</td>
<td>5th May 2020</td>
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<td>10</td>
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<td>23rd June 2020</td>
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Please be aware that these dates are provisional and maybe subject to change. You will be notified of any changes prior to the commencement of the course.

## Group 4

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Course Fee:

To reserve your place on the course a deposit of £200 is required, which will be deducted from your final instalment.

Payments can be made in instalments or as a single payment.

Each session costs £585 + VAT.
Total Cost: £7,020 + VAT

Instalment Deadlines:

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<tr>
<td>September 6th 2019</td>
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<tr>
<td>December 6th 2019</td>
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<td>March 6th 2020</td>
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<td>June 26th 2020</td>
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Payments are accepted through bank transfer. Cash, Credit Cards, Cheques and banker drafts are not accepted.

Please feel free to contact us if you have any further questions:

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Aspire Dental Academy