



ASPIRE

Dental Academy

**Advanced Operative
Aesthetic and
Restorative Dentistry**

Certificate in Advanced Aesthetic Restorative Dentistry

**2020
London**

Course Information Booklet

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.

Accreditation

The course is EduQual Level 7 accredited which leads to a post-graduate certificate in Advanced Aesthetic Restorative Dentistry. This is subject to a satisfactory presentation of a clinical portfolio, guidance of which is given throughout the course. If you do not wish to partake in the accreditation, you are still able to complete the course without being accredited.

The post-graduate certificate sets you on the pathway to a diploma in Advanced Aesthetic Restorative Dentistry and Endodontics. In order to achieve the diploma, you also need to complete the “Advanced Endodontics” and “Advanced Occlusion” courses.

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 2020 and at the end of the course.

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.

Venues:

The course is held over two venues:

Park Plaza, Westminster Bridge (Day 1, 2, 3 and 12)

200 Westminster Bridge Road

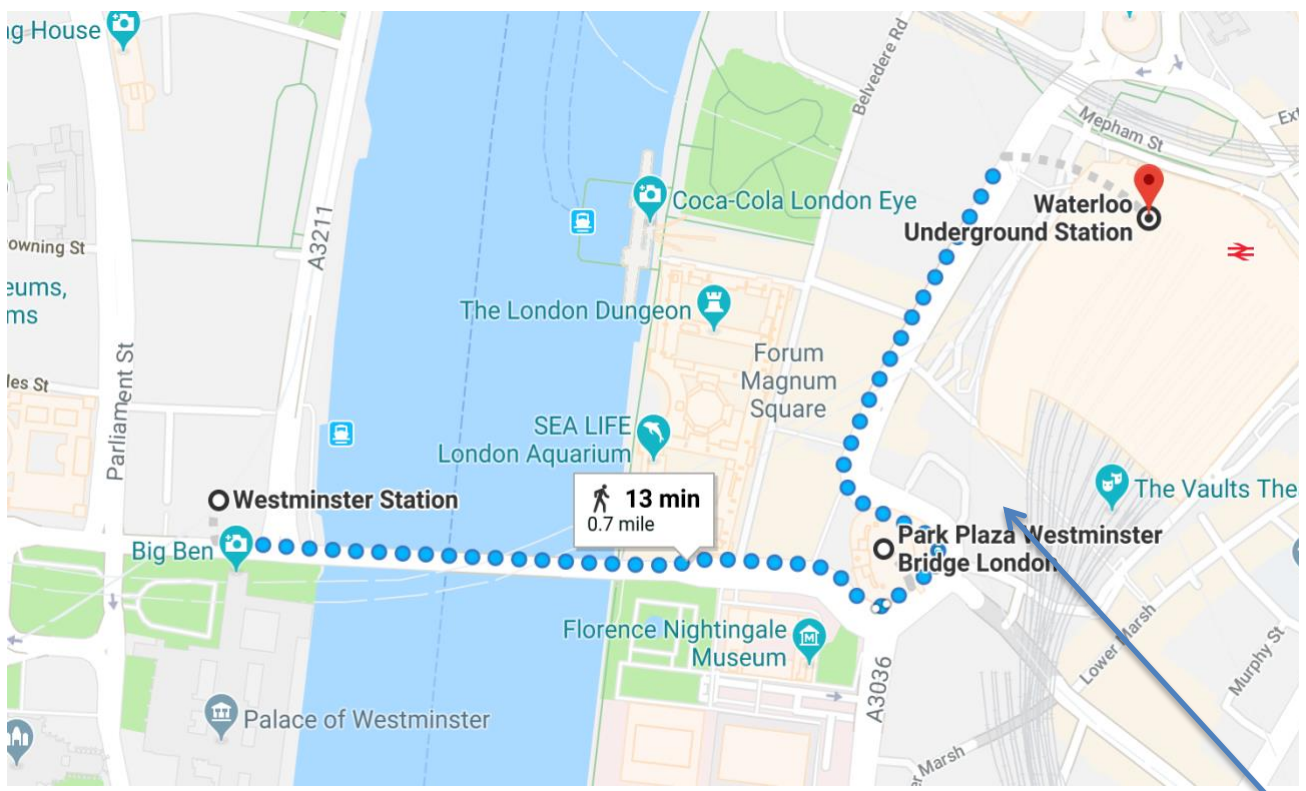
London

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 to the hotel.



Park Plaza

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)



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-abrasion 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

Day:	Topic:	Date:	Location:
1	Smile Design and Patient Management	13 th October 2020	County Hall Park Plaza, Westminster Bridge
2	Colour, Shade Assessment and Bleaching	10 th November 2020	Park Plaza, Westminster Bridge
3	Clinical Photography	1 st December 2020	Park Plaza, Westminster Bridge
4	Aesthetic Anterior Composites	5 th January 2021	LonDec
5	Veneers & Soft Tissue Management	2 nd Feb 2021	LonDec
6	Aesthetic Anterior Aesthetic Crowns	2 nd March 2021	LonDec
7	Aesthetic Posterior Composites	30 th March 2021	LonDec
8	Posterior Aesthetic Onlays & Crowns	4 th May 2021	LonDec
9	Tooth Surface Loss & Full Mouth Rehab	1 st June 2021	LonDec
10	Replacement of Missing Teeth	22 nd June 2021	LonDec
11	Practice Day	20 th July 2021	LonDec
12	Bringing it all together & Fee Setting	14 th September 2021	Park Plaza, Westminster Bridge

Group 2

Day:	Topic:	Date:	Location:
1	Smile Design and Patient Management	16 th October 2020	Park Plaza, Westminster Bridge
2	Colour, Shade Assessment and Bleaching	13 th November 2020	Park Plaza, Westminster Bridge
3	Clinical Photography	4 th December 2020	Park Plaza, Westminster Bridge
4	Aesthetic Anterior Composites	8 th Jan 2021	LonDec
5	Veneers & Soft Tissue Management	5 th Feb 2021	LonDec
6	Aesthetic Anterior Crowns	12 th March 2021	LonDec
7	Aesthetic Posterior Composites	9 th April 2021	LonDec
8	Posterior Aesthetic Onlays & Crowns	30 th April 2021	LonDec
9	Tooth Surface Loss & Full Mouth Rehab	4 th June 2021	LonDec
10	Replacement of Missing Teeth	25 th June 2021	LonDec
11	Practice Day	23 rd July 2021	LonDec
12	Bringing it all together & Fee Setting	17 th September 2021	Park Plaza, Westminster Bridge

Group 3

Day:	Topic:	Date:	Location:
1	Smile Design and Patient Management	27 th October 2020	County Hall Park Plaza, Westminster Bridge
2	Colour, Shade Assessment and Bleaching	24 th November 2020	Park Plaza, Westminster Bridge
3	Clinical Photography	Wednesday 2 nd December 2020	Park Plaza, Westminster Bridge
4	Aesthetic Anterior Composites	12 th Jan 2021	LonDec
5	Veneers & Soft Tissue Management	16 th Feb 2021	LonDec
6	Aesthetic Anterior Crowns	16 th March 2021	LonDec
7	Aesthetic Posterior Composites	13 th April 2021	LonDec
8	Posterior Aesthetic Onlays & Crowns	11 th May 2021	LonDec
9	Tooth Surface Loss & Full Mouth Rehab	8 th June 2021	LonDec
10	Replacement of Missing Teeth	6 th July 2021	LonDec
11	Practice Day	3 rd August 2021	LonDec
12	Bringing it all together & Fee Setting	28 th September 2021	Park Plaza, Westminster Bridge

Group 4

Day:	Topic:	Date:	Location:
1	Smile Design and Patient Management	30 th October 2020	Park Plaza, Westminster Bridge
2	Colour, Shade Assessment and Bleaching	27 th November 2020	Park Plaza, Westminster Bridge
3	Clinical Photography	Thursday 3 rd December 2020	Park Plaza, Westminster Bridge
4	Aesthetic Anterior Composites	29 th Jan 2021	LonDec
5	Veneers & Soft Tissue Management	26 th Feb 2021	LonDec
6	Aesthetic Anterior Crowns	19 th March 2021	LonDec
7	Aesthetic Posterior Composites	16 th April 2021	LonDec
8	Posterior Aesthetic Onlays & Crowns	14 th May 2021	LonDec
9	Tooth Surface Loss & Full Mouth Rehab	18 th June 2021	LonDec
10	Replacement of Missing Teeth	9 th July 2021	LonDec
11	Practice Day	6 th August 2021	LonDec
12	Bringing it all together & Fee Setting	24 th September 2021	Park Plaza, Westminster Bridge

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.

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 £595 + VAT.

Total Cost: £7,140 + VAT

Instalment Deadlines:

Date:	Amount:
September 10 th 2020	£1,785 + VAT
December 4 th 2020	£1,785 + VAT
March 5 th 2021	£1,785 + VAT
June 25 th 2021	£1,785 + VAT

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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Website: www.aspiredentalacademy.com

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