



**ASPIRE**

Dental Academy

**Advanced Operative  
Aesthetic and  
Restorative Dentistry**

*Certificate in Advanced Aesthetic Restorative Dentistry*

**2021  
London**

**Course Information Booklet**

## **Hello and Welcome!**

Welcome to one of UK's most hands-on dental training academies 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](mailto:info@aspiredentalacademy.com)

Website: [www.aspiredentalacademy.com](http://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 1<sup>st</sup> 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 and hands-on practical exercises 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

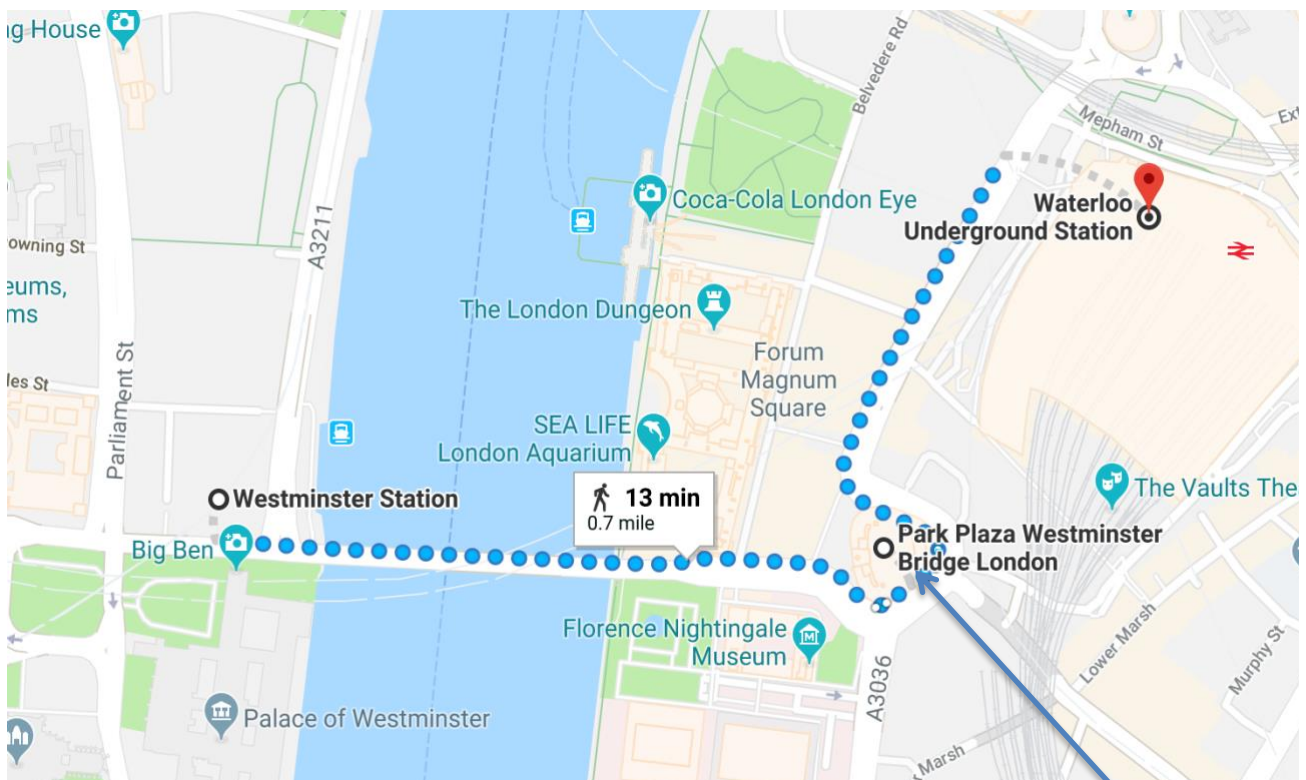
London

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.



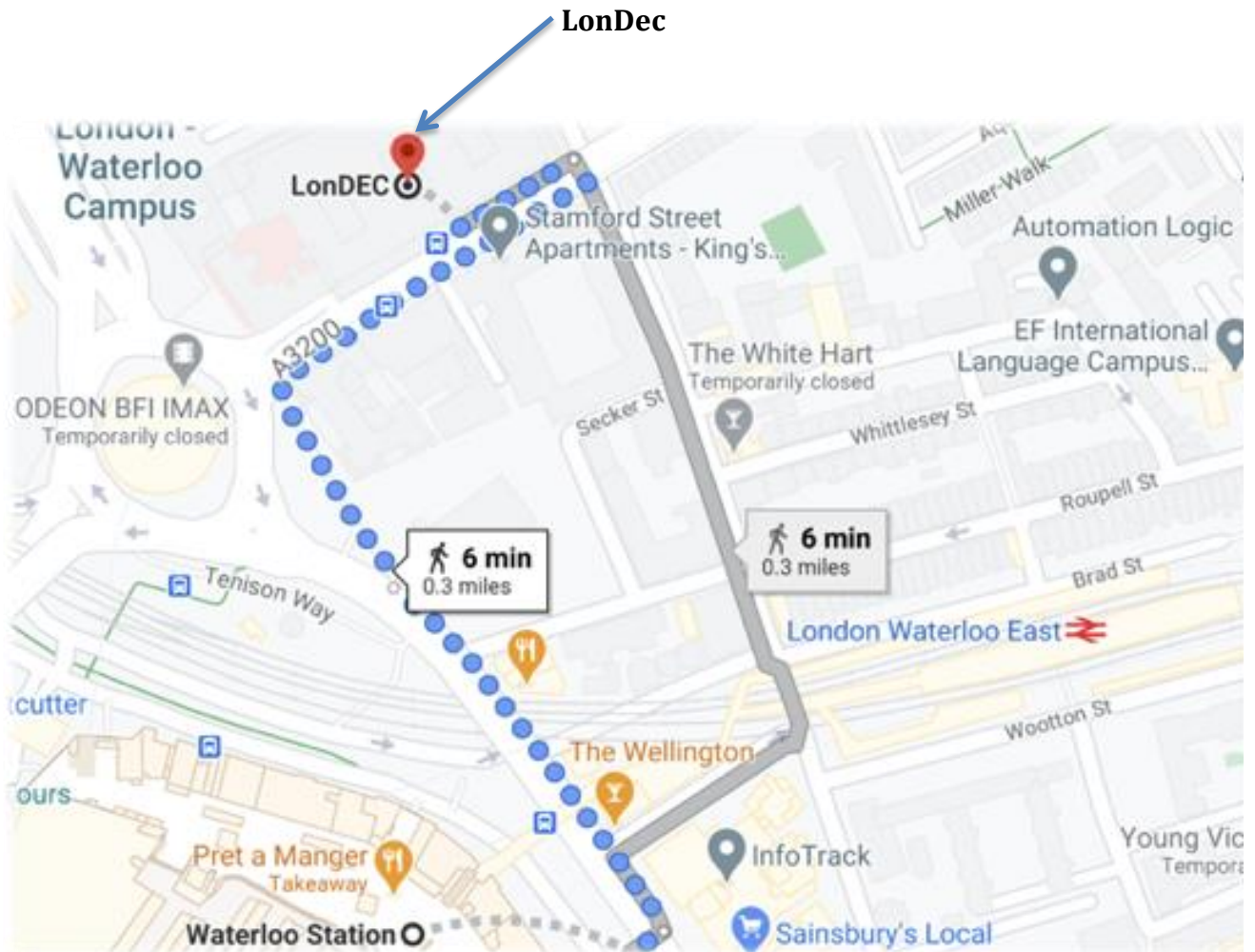
**Park Plaza**

## 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 5-6 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 & introduction to treatment planning

Primary disease control

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

Effective lab communication

Understanding aetiology of discolouration

Tooth Bleaching

Tray Design

Managing sensitivity

Micro-abrasion & 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 & flash selection  
Deep understanding of camera settings  
Contrastors & polarising filters  
Portrait & Soft box photography  
Lab work photography

***Hands on:***

- *Clinical photography*
- *Contrasted & polarised Photography*
  - *Soft box artistic images*
  - *Lab work photography*
  - *Portrait photography*

**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 & preventing white lines  
Composite Veneers: when and how to do them  
Diastama closure  
Finishing and Polishing composites  
Trouble shooting

***Hands on:***

- *Biomimetically restoring anterior teeth*
  - *Diastama 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 & 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*

**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 preparations  
Indications  
Material selection  
Bur selection  
Preparation techniques  
Handpiece & Bur Control  
Marginal elevation techniques  
Temporisation  
Adhesive cementation techniques  
Restoration of endodontically treated teeth  
Post and Cores

***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: Advanced Treatment Planning & Fee Setting**

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	12 <sup>th</sup> October 2021	Park Plaza, Westminster Bridge
2	Colour, Shade Assessment and Bleaching	9 <sup>th</sup> November 2021	Park Plaza, Westminster Bridge
3	Clinical Photography	7 <sup>th</sup> December 2021	Park Plaza, Westminster Bridge
4	Aesthetic Anterior Composites	11 <sup>th</sup> January 2022	LonDec
5	Veneers & Soft Tissue Management	8 <sup>th</sup> February 2022	LonDec
6	Aesthetic Anterior Aesthetic Crowns	8 <sup>th</sup> March 2022	LonDec
7	Aesthetic Posterior Composites	5 <sup>th</sup> April 2022	LonDec
8	Posterior Aesthetic Onlays & Crowns	3 <sup>rd</sup> May 2022	LonDec
9	Tooth Surface Loss & Full Mouth Rehab	31 <sup>st</sup> May 2022	LonDec
10	Replacement of Missing Teeth	21 <sup>st</sup> June 2022	LonDec
11	Practice Day	12 <sup>th</sup> July 2022	LonDec
12	Advanced Treatment Planning & Fee Setting	13 <sup>th</sup> September 2022	Park Plaza, Westminster Bridge

### Group 2

Day:	Topic:	Date:	Location:
1	Smile Design and Patient Management	15 <sup>th</sup> October 2021	Park Plaza, Westminster Bridge
2	Colour, Shade Assessment and Bleaching	12 <sup>th</sup> November 2021	Park Plaza, Westminster Bridge
3	Clinical Photography	8 <sup>th</sup> Dec 2021	Park Plaza, Westminster Bridge
4	Aesthetic Anterior Composites	14 <sup>th</sup> January 2022	LonDec
5	Veneers & Soft Tissue Management	4 <sup>th</sup> February 2022	LonDec
6	Aesthetic Anterior Crowns	4 <sup>th</sup> March 2022	LonDec
7	Aesthetic Posterior Composites	1 <sup>st</sup> April 2022	LonDec
8	Posterior Aesthetic Onlays & Crowns	6 <sup>th</sup> May 2022	LonDec
9	Tooth Surface Loss & Full Mouth Rehab	3 <sup>rd</sup> June 2022	LonDec
10	Replacement of Missing Teeth	24 <sup>th</sup> June 2022	LonDec
11	Practice Day	15 <sup>th</sup> July 2022	LonDec
12	Advanced Treatment Planning & Fee Setting	16 <sup>th</sup> September 2022	Park Plaza, Westminster Bridge

## Group 3

<b>Day:</b>	<b>Topic:</b>	<b>Date:</b>	<b>Location:</b>
1	<b>Smile Design and Patient Management</b>	26 <sup>th</sup> October 2021	Park Plaza, Westminster Bridge
2	<b>Colour, Shade Assessment and Bleaching</b>	23 <sup>rd</sup> November 2021	Park Plaza, Westminster Bridge
3	<b>Clinical Photography</b>	9 <sup>th</sup> December 2021	Park Plaza, Westminster Bridge
4	<b>Aesthetic Anterior Composites</b>	25 <sup>th</sup> January 2022	LonDec
5	<b>Veneers &amp; Soft Tissue Management</b>	22 <sup>nd</sup> Feb 2022	LonDec
6	<b>Aesthetic Anterior Crowns</b>	22 <sup>nd</sup> March 2022	LonDec
7	<b>Aesthetic Posterior Composites</b>	26 <sup>th</sup> April 2022	LonDec
8	<b>Posterior Aesthetic Onlays &amp; Crowns</b>	17 <sup>th</sup> May 2022	LonDec
9	<b>Tooth Surface Loss &amp; Full Mouth Rehab</b>	14 <sup>th</sup> June 2022	LonDec
10	<b>Replacement of Missing Teeth</b>	28 <sup>th</sup> June 2022	LonDec
11	<b>Practice Day</b>	26 <sup>th</sup> July 2022	LonDec
12	<b>Advanced Treatment Planning &amp; Fee Setting</b>	27 <sup>th</sup> September 2022	Park Plaza, Westminster Bridge

## Group 4

<b>Day:</b>	<b>Topic:</b>	<b>Date:</b>	<b>Location:</b>
1	<b>Smile Design and Patient Management</b>	29 <sup>th</sup> October 2021	Park Plaza, Westminster Bridge
2	<b>Colour, Shade Assessment and Bleaching</b>	26 <sup>th</sup> November 2021	Park Plaza, Westminster Bridge
3	<b>Clinical Photography</b>	10 <sup>th</sup> December 2021	Park Plaza, Westminster Bridge
4	<b>Aesthetic Anterior Composites</b>	21 <sup>st</sup> January 2022	LonDec
5	<b>Veneers &amp; Soft Tissue Management</b>	25 <sup>th</sup> Feb 2022	LonDec
6	<b>Aesthetic Anterior Crowns</b>	25 <sup>th</sup> March 2022	LonDec
7	<b>Aesthetic Posterior Composites</b>	8 <sup>th</sup> April 2022	LonDec
8	<b>Posterior Aesthetic Onlays &amp; Crowns</b>	13 <sup>th</sup> May 2022	LonDec
9	<b>Tooth Surface Loss &amp; Full Mouth Rehab</b>	17 <sup>th</sup> June 2022	LonDec
10	<b>Replacement of Missing Teeth</b>	1 <sup>st</sup> July 2022	LonDec
11	<b>Practice Day</b>	29 <sup>th</sup> July 2022	LonDec
12	<b>Advanced Treatment Planning &amp; Fee Setting</b>	30 <sup>th</sup> September 2022	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 £625 + VAT.

Total Cost: £7,500 + VAT

## Instalment Deadlines:

Date:	Amount:
September 10 <sup>th</sup> 2021	£1,875 + VAT
December 10 <sup>th</sup> 2021	£1,875 + VAT
March 11 <sup>th</sup> 2022	£1,875 + VAT
June 24 <sup>th</sup> 2022	£1,875 + 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:

Email: [info@aspiredentalacademy.com](mailto:info@aspiredentalacademy.com)

Website: [www.aspiredentalacademy.com](http://www.aspiredentalacademy.com)

*Aspire Dental Academy*