



**ASPIRE**

Dental Academy

**Advanced Operative  
Aesthetic and  
Restorative Dentistry**

*Certificate in Advanced Aesthetic Restorative Dentistry*

**2024  
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. To benefit fully 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 the following Diplomas:

### **Diploma in Advanced Aesthetic Restorative Dentistry**

### **Diploma in Advanced Aesthetic Restorative Dentistry and Endodontics**

To achieve the Diplomas, you need to complete the following courses:

#### **Diploma in Advanced Aesthetic Restorative Dentistry**

Advanced Operative Aesthetic and Restorative Dentistry course

Advanced Occlusion and Wax-up course (2-day course)

The Ultimate Denture course (4-day course)

Conversations course (2-day course)

#### **Diploma in Advanced Aesthetic Restorative Dentistry and Endodontics**

Advanced Operative Aesthetic and Restorative Dentistry

Advanced Endodontics Course

Advanced Occlusion and Wax-up course (2-day course)

## CPD

Each day is worth 7 verifiable 'Continued Professional Development' (CPD) hours and is in accordance with the GDC's enhanced CPD programme.

## 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.

## Aspire Lounge

Aspire Lounge is a state-of-the-art web platform for Aspire delegates. It is a community where you can ask for help and mentorship and contact your course providers. It is how we provide career long support for you even after you complete our courses. Your course reading material is uploaded here and we regularly post new valuable content to help you in your careers and life.

## Venues

The course is held over two venues:

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

200 Westminster Bridge Road

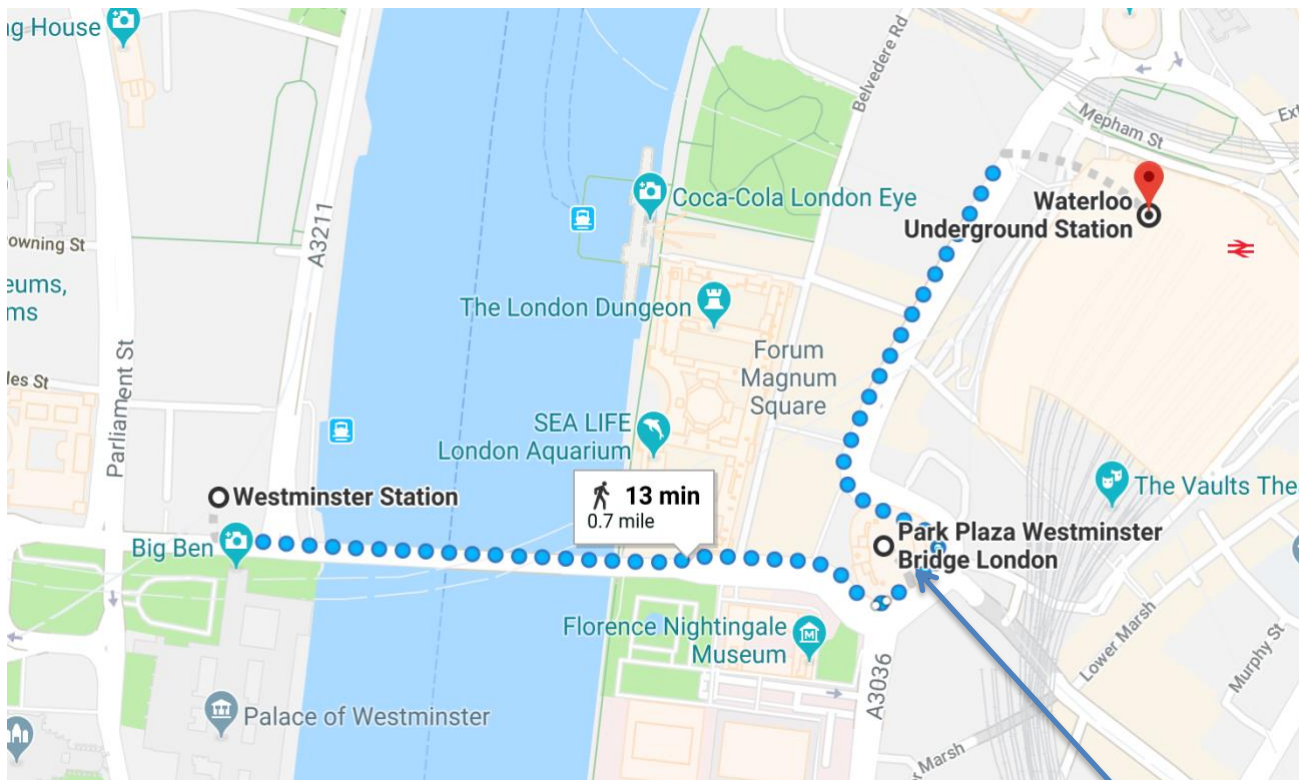
London

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.



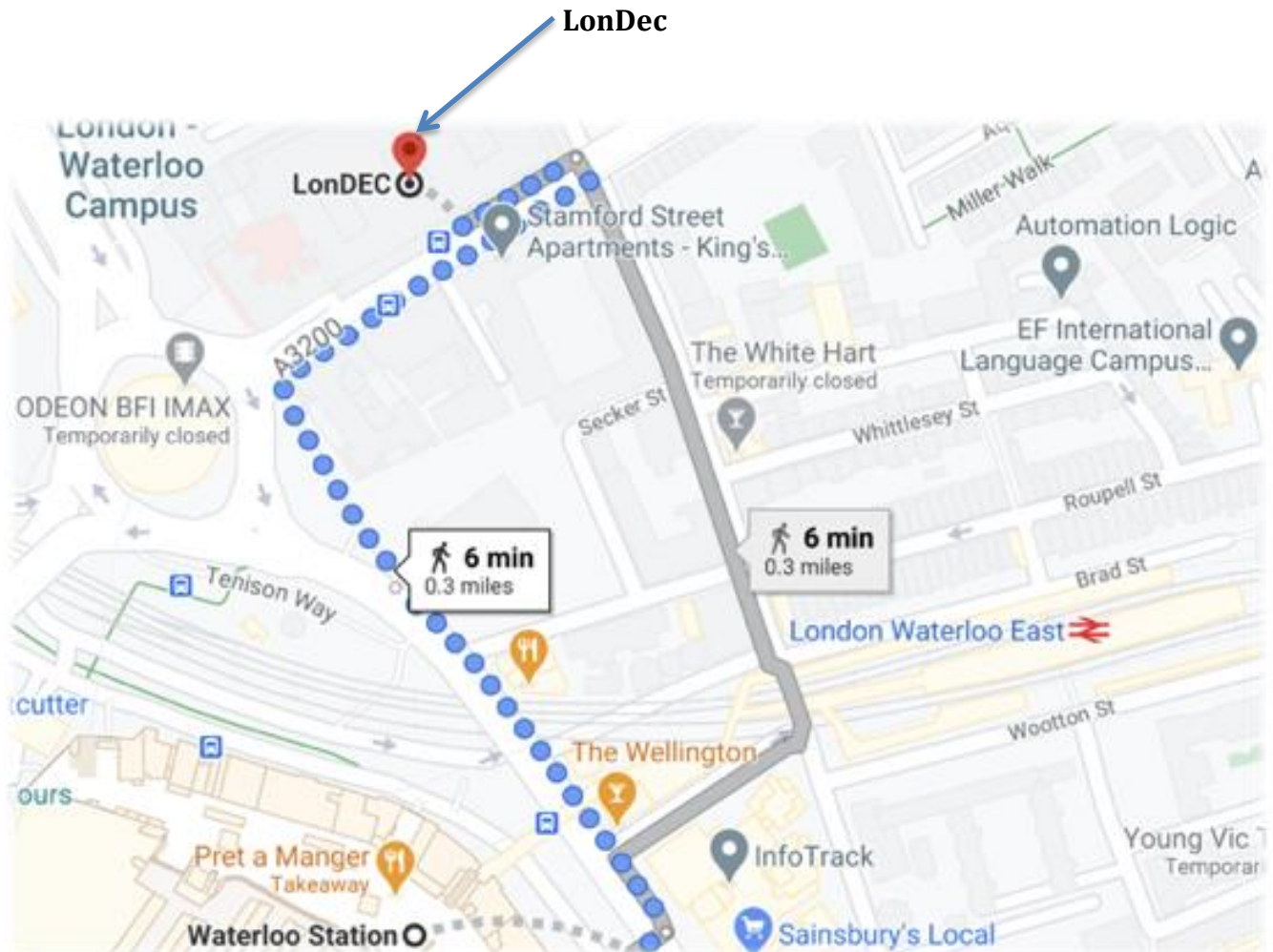
**Park Plaza**

## 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

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  
Diastema closure  
Finishing and Polishing composites  
Trouble shooting

***Hands on:***

- *Biomimetically restoring anterior teeth*
  - *Diastema 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*

**Day 11: Practise Day**  
**(70% Hands-on 30% theory)**

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

*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 presentations

**Day 13: Dental Laboratory Day**

Spend the day with a world class lab technician  
Materials  
Staining, glazing, layering  
Lab communication  
Lab processes  
Dentist lab errors & how to avoid them  
Technician lab errors & how to avoid them

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

| <b>Day:</b> | <b>Topic:</b>  | <b>Date:</b>                 | <b>Location:</b>                      |
|-------------|--|------------------------------|---------------------------------------|
| 1           | <b>Smile Design and Patient Management</b>           | 1 <sup>st</sup> October 24   | Park Plaza, Westminster Bridge        |
| 2           | <b>Colour, Shade Assessment and Bleaching</b>        | 29 <sup>th</sup> October 24  | Park Plaza, Westminster Bridge        |
| 3           | <b>Clinical Photography</b>                          | 25 <sup>th</sup> November 24 | Park Plaza, Westminster Bridge        |
| 4           | <b>Aesthetic Anterior Composites</b>                 | 7 <sup>th</sup> January 25   | LonDec                                |
| 5           | <b>Veneers &amp; Soft Tissue Management</b>          | 4 <sup>th</sup> February 25  | LonDec                                |
| 6           | <b>Aesthetic Anterior Aesthetic Crowns</b>           | 4 <sup>th</sup> March 25     | LonDec                                |
| 7           | <b>Aesthetic Posterior Composites</b>                | 1 <sup>st</sup> April 25     | LonDec                                |
| 8           | <b>Posterior Aesthetic Onlays &amp; Crowns</b>       | 29 <sup>th</sup> April 25    | LonDec                                |
| 9           | <b>Tooth Surface Loss &amp; Full Mouth Rehab</b>     | 27 <sup>th</sup> May 25      | LonDec                                |
| 10          | <b>Replacement of Missing Teeth</b>                  | 4 <sup>th</sup> June 25      | LonDec                                |
| 11          | <b>Practise Day</b>                                  | 15 <sup>th</sup> July 25     | LonDec                                |
| 12          | <b>Advanced Treatment Planning &amp; Fee Setting</b> | 16 <sup>th</sup> Sept 25     | Park Plaza, Westminster Bridge        |
| 13          | <b>Dental Laboratory Day</b>                         | TBC                          | Precision Dental Studio -<br>Thatcham |

**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 2

| <b>Day:</b> | <b>Topic:</b>  | <b>Date:</b>                              | <b>Location:</b>                      |
|-------------|--|---|---------------------------------------|
| 1           | <b>Smile Design and Patient Management</b>           | 4 <sup>th</sup> October 24                | Park Plaza, Westminster Bridge        |
| 2           | <b>Colour, Shade Assessment and Bleaching</b>        | 1 <sup>st</sup> November 24               | Park Plaza, Westminster Bridge        |
| 3           | <b>Clinical Photography</b>                          | Wednesday<br>27 <sup>th</sup> November 24 | Park Plaza, Westminster Bridge        |
| 4           | <b>Aesthetic Anterior Composites</b>                 | 10 <sup>th</sup> January 25               | LonDec                                |
| 5           | <b>Veneers &amp; Soft Tissue Management</b>          | 7 <sup>th</sup> February 25               | LonDec                                |
| 6           | <b>Aesthetic Anterior Crowns</b>                     | 7 <sup>th</sup> March 25                  | LonDec                                |
| 7           | <b>Aesthetic Posterior Composites</b>                | 4 <sup>th</sup> April 25                  | LonDec                                |
| 8           | <b>Posterior Aesthetic Onlays &amp; Crowns</b>       | 2 <sup>nd</sup> May 25                    | LonDec                                |
| 9           | <b>Tooth Surface Loss &amp; Full Mouth Rehab</b>     | 30 <sup>th</sup> May 25                   | LonDec                                |
| 10          | <b>Replacement of Missing Teeth</b>                  | 27 <sup>th</sup> June 25                  | LonDec                                |
| 11          | <b>Practise Day</b>                                  | 18 <sup>th</sup> July 25                  | LonDec                                |
| 12          | <b>Advanced Treatment Planning &amp; Fee Setting</b> | 19 <sup>th</sup> Sept 25                  | Park Plaza, Westminster Bridge        |
| 13          | <b>Dental Laboratory Day</b>                         | TBC                                       | Precision Dental Studio -<br>Thatcham |

**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 3

| <b>Day:</b> | <b>Topic:</b>  | <b>Date:</b>                  | <b>Location:</b>                      |
|-------------|--|-------------------------------|---------------------------------------|
| 1           | <b>Smile Design and Patient Management</b>           | 8 <sup>th</sup> October 24    | Park Plaza, Westminster Bridge        |
| 2           | <b>Colour, Shade Assessment and Bleaching</b>        | 5 <sup>th</sup> November 24   | Park Plaza, Westminster Bridge        |
| 3           | <b>Clinical Photography</b>                          | 26 <sup>th</sup> November 24  | Park Plaza, Westminster Bridge        |
| 4           | <b>Aesthetic Anterior Composites</b>                 | 14 <sup>th</sup> January 25   | LonDec                                |
| 5           | <b>Veneers &amp; Soft Tissue Management</b>          | 11 <sup>th</sup> February 25  | LonDec                                |
| 6           | <b>Aesthetic Anterior Crowns</b>                     | 11 <sup>th</sup> March 25     | LonDec                                |
| 7           | <b>Aesthetic Posterior Composites</b>                | 8 <sup>th</sup> April 25      | LonDec                                |
| 8           | <b>Posterior Aesthetic Onlays &amp; Crowns</b>       | 6 <sup>th</sup> May 25        | LonDec                                |
| 9           | <b>Tooth Surface Loss &amp; Full Mouth Rehab</b>     | 3 <sup>rd</sup> June 25       | LonDec                                |
| 10          | <b>Replacement of Missing Teeth</b>                  | 1 <sup>st</sup> July 25       | LonDec                                |
| 11          | <b>Practise Day</b>                                  | 16 <sup>th</sup> July 25      | LonDec                                |
| 12          | <b>Advanced Treatment Planning &amp; Fee Setting</b> | 23 <sup>rd</sup> September 25 | Park Plaza, Westminster Bridge        |
| 13          | <b>Dental Laboratory Day</b>                         | TBC                           | Precision Dental Studio -<br>Thatcham |

**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

| <b>Day:</b> | <b>Topic:</b>  | <b>Date:</b>                  | <b>Location:</b>                      |
|-------------|--|-------------------------------|---------------------------------------|
| 1           | <b>Smile Design and Patient Management</b>           | 11 <sup>th</sup> October 24   | Park Plaza, Westminster Bridge        |
| 2           | <b>Colour, Shade Assessment and Bleaching</b>        | 8 <sup>th</sup> November 24   | Park Plaza, Westminster Bridge        |
| 3           | <b>Clinical Photography</b>                          | 29 <sup>th</sup> November 24  | Park Plaza, Westminster Bridge        |
| 4           | <b>Aesthetic Anterior Composites</b>                 | 17 <sup>th</sup> January 25   | LonDec                                |
| 5           | <b>Veneers &amp; Soft Tissue Management</b>          | 14 <sup>th</sup> February 25  | LonDec                                |
| 6           | <b>Aesthetic Anterior Crowns</b>                     | 14 <sup>th</sup> March 25     | LonDec                                |
| 7           | <b>Aesthetic Posterior Composites</b>                | 11 <sup>th</sup> April 25     | LonDec                                |
| 8           | <b>Posterior Aesthetic Onlays &amp; Crowns</b>       | 9 <sup>th</sup> May 25        | LonDec                                |
| 9           | <b>Tooth Surface Loss &amp; Full Mouth Rehab</b>     | 6 <sup>th</sup> June 25       | LonDec                                |
| 10          | <b>Replacement of Missing Teeth</b>                  | 4 <sup>th</sup> July 25       | LonDec                                |
| 11          | <b>Practise Day</b>                                  | 1 <sup>st</sup> August 25     | LonDec                                |
| 12          | <b>Advanced Treatment Planning &amp; Fee Setting</b> | 26 <sup>th</sup> September 25 | Park Plaza, Westminster Bridge        |
| 13          | <b>Dental Laboratory Day</b>                         | TBC                           | Precision Dental Studio -<br>Thatcham |

**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 5

| <b>Day:</b> | <b>Topic:</b>  | <b>Date:</b>                  | <b>Location:</b>                      |
|-------------|--|-------------------------------|---------------------------------------|
| 1           | <b>Smile Design and Patient Management</b>           | 10 <sup>th</sup> October 24   | Park Plaza, Westminster Bridge        |
| 2           | <b>Colour, Shade Assessment and Bleaching</b>        | 7 <sup>th</sup> November 24   | Park Plaza, Westminster Bridge        |
| 3           | <b>Clinical Photography</b>                          | 28 <sup>th</sup> November 24  | Park Plaza, Westminster Bridge        |
| 4           | <b>Aesthetic Anterior Composites</b>                 | 16 <sup>th</sup> January 25   | LonDec                                |
| 5           | <b>Veneers &amp; Soft Tissue Management</b>          | 13 <sup>th</sup> February 25  | LonDec                                |
| 6           | <b>Aesthetic Anterior Crowns</b>                     | 13 <sup>th</sup> March 25     | LonDec                                |
| 7           | <b>Aesthetic Posterior Composites</b>                | 10 <sup>th</sup> April 25     | LonDec                                |
| 8           | <b>Posterior Aesthetic Onlays &amp; Crowns</b>       | 8 <sup>th</sup> May 25        | LonDec                                |
| 9           | <b>Tooth Surface Loss &amp; Full Mouth Rehab</b>     | 5 <sup>th</sup> June 25       | LonDec                                |
| 10          | <b>Replacement of Missing Teeth</b>                  | 3 <sup>rd</sup> July 25       | LonDec                                |
| 11          | <b>Practise Day</b>                                  | 31 <sup>st</sup> July 25      | LonDec                                |
| 12          | <b>Advanced Treatment Planning &amp; Fee Setting</b> | 18 <sup>th</sup> September 25 | Park Plaza, Westminster Bridge        |
| 13          | <b>Dental Laboratory Day</b>                         | TBC                           | Precision Dental Studio -<br>Thatcham |

**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:

Total Cost: £8,820 + VAT

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

## Booking:

To reserve your place on the course please fill out the booking form which can be found at: <https://r535zigo8ph.typeform.com/to/NKGX1SpH>

To confirm your place a deposit of £200 is required. This will be deducted from your final instalment.

Deposits should be transferred to:

**Name:** Aspire D Academy

**Sort code:** 60-10-10

**Account Number:** 85935964

## Instalment Deadlines:

| Date:                           | Amount:      |
|---------------------------------|--------------|
| September 13 <sup>th</sup> 2024 | £2,205 + VAT |
| December 6 <sup>th</sup> 2024   | £2,205 + VAT |
| March 7 <sup>th</sup> 2025      | £2,205 + VAT |
| July 11 <sup>th</sup> 2025      | £2,205 + 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*