



ASPIRE
Dental Academy

Advanced Operative Aesthetic and Restorative Dentistry

Certificate in Advanced Aesthetic Restorative Dentistry

**2025
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

Website: www.aspiredentalacademy.com

The Course

The course is delivered by Richard Porter and Raheel Malik.

Richard Porter:

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 Malik:

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.

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.

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.

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

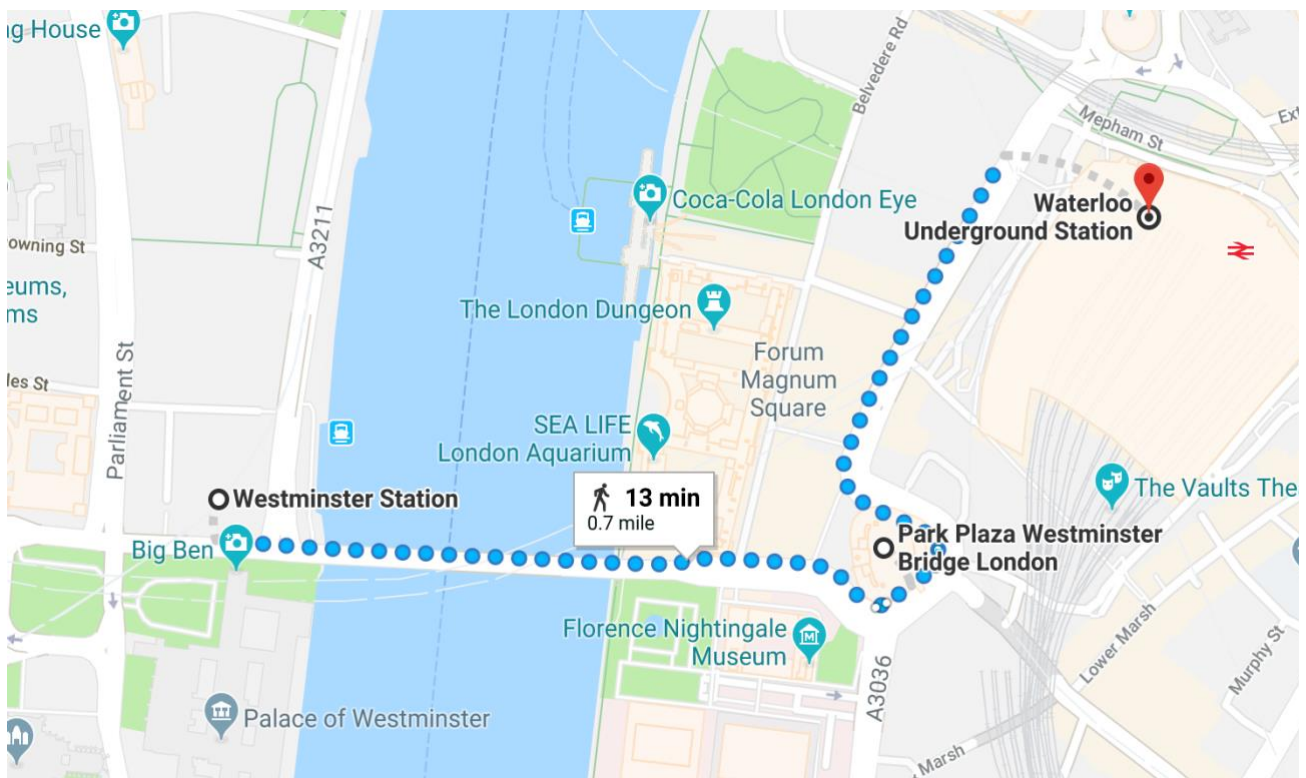
London

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.

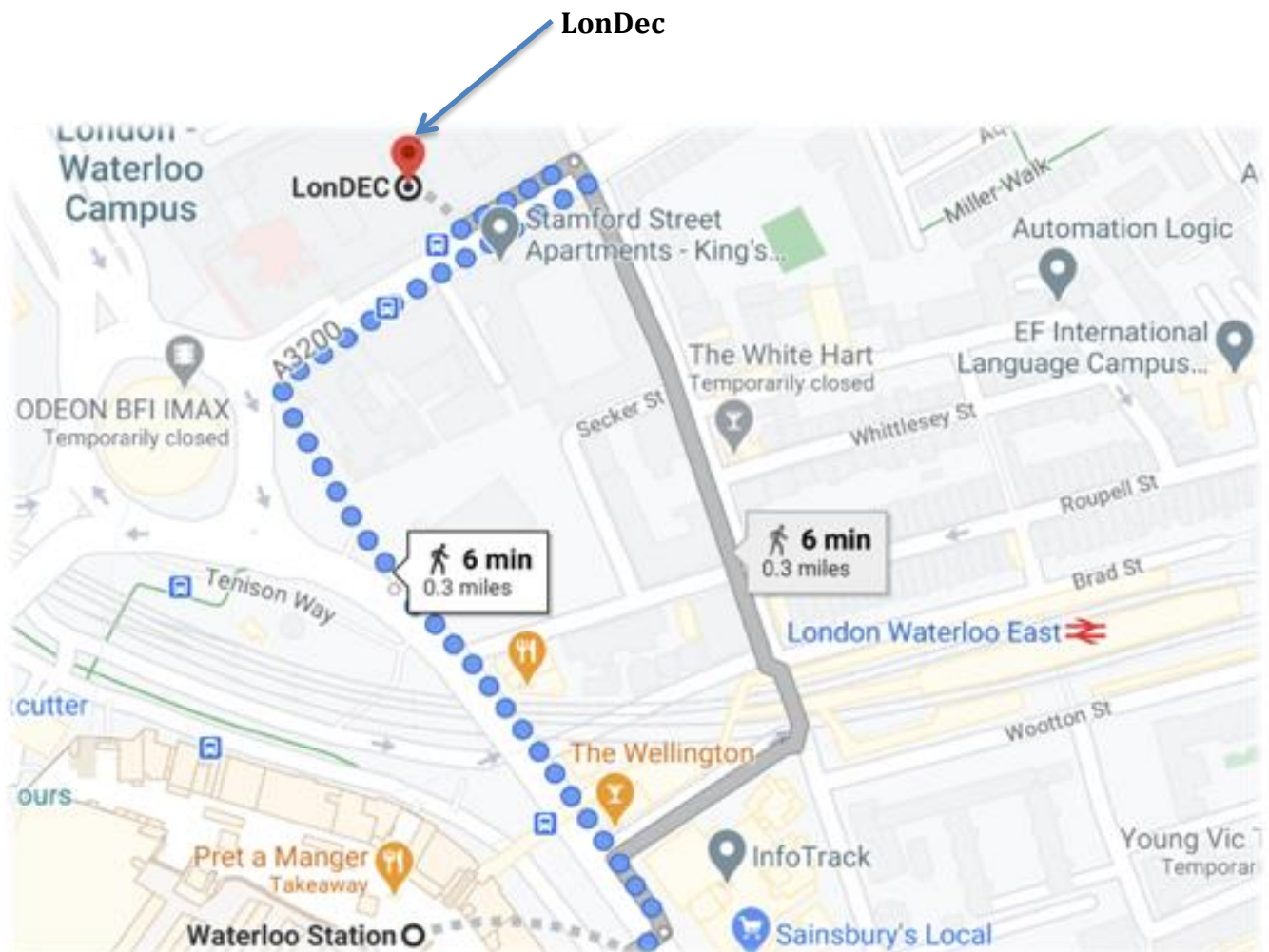


Londec (Day 4, 5, 6, 7, 8, 9, 10, and 11)

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

Day:	Topic:	Date:	Location:
1	Smile Design and Patient Management	30 th September 25	Park Plaza, Westminster Bridge
2	Colour, Shade Assessment and Bleaching	28 th October 25	Park Plaza, Westminster Bridge
3	Clinical Photography	24 th November 25	Park Plaza, Westminster Bridge
4	Aesthetic Anterior Composites	6 th January 26	LonDec
5	Veneers & Soft Tissue Management	3 rd February 26	LonDec
6	Aesthetic Anterior Aesthetic Crowns	3 rd March 26	LonDec
7	Aesthetic Posterior Composites	31 st March 26	LonDec
8	Posterior Aesthetic Onlays & Crowns	28 th April 26	LonDec
9	Tooth Surface Loss & Full Mouth Rehab	26 th May 26	LonDec
10	Replacement of Missing Teeth	23 rd June 26	LonDec
11	Practise Day	21 st July 26	LonDec
12	Advanced Treatment Planning & Fee Setting	8 th Sept 26	Park Plaza, Westminster Bridge
13	Dental Laboratory Day	TBC	Precision Dental Studio - Thatcham

Please note the dates are provisional and may be subject to change. Final confirmed dates will be released in June 2025.

Group 2

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

Please note the dates are provisional and may be subject to change. Final confirmed dates will be released in June 2025.

Group 3

Day:	Topic:	Date:	Location:
1	Smile Design and Patient Management	7 th October 25	Park Plaza, Westminster Bridge
2	Colour, Shade Assessment and Bleaching	4 th November 25	Park Plaza, Westminster Bridge
3	Clinical Photography	25 th November 25	Park Plaza, Westminster Bridge
4	Aesthetic Anterior Composites	20 th January 26	LonDec
5	Veneers & Soft Tissue Management	17 th February 26	LonDec
6	Aesthetic Anterior Crowns	17 th March 26	LonDec
7	Aesthetic Posterior Composites	21 st April 26	LonDec
8	Posterior Aesthetic Onlays & Crowns	12 th May 26	LonDec
9	Tooth Surface Loss & Full Mouth Rehab	16 th June 26	LonDec
10	Replacement of Missing Teeth	7 th July 26	LonDec
11	Practise Day	28 th July 26	LonDec
12	Advanced Treatment Planning & Fee Setting	22 nd September 26	Park Plaza, Westminster Bridge
13	Dental Laboratory Day	TBC	Precision Dental Studio - Thatcham

Please note the dates are provisional and may be subject to change. Final confirmed dates will be released in June 2025.

Group 4

Day:	Topic:	Date:	Location:
1	Smile Design and Patient Management	10 th October 25	Park Plaza, Westminster Bridge
2	Colour, Shade Assessment and Bleaching	7 th November 25	Park Plaza, Westminster Bridge
3	Clinical Photography	28 th November 25	Park Plaza, Westminster Bridge
4	Aesthetic Anterior Composites	16 th January 26	LonDec
5	Veneers & Soft Tissue Management	13 th February 26	LonDec
6	Aesthetic Anterior Crowns	13 th March 26	LonDec
7	Aesthetic Posterior Composites	24 th April 26	LonDec
8	Posterior Aesthetic Onlays & Crowns	8 th May 26	LonDec
9	Tooth Surface Loss & Full Mouth Rehab	5 th June 26	LonDec
10	Replacement of Missing Teeth	3 rd July 26	LonDec
11	Practise Day	31 st July 26	LonDec
12	Advanced Treatment Planning & Fee Setting	18 th September 26	Park Plaza, Westminster Bridge
13	Dental Laboratory Day	TBC	Precision Dental Studio - Thatcham

Please note the dates are provisional and may be subject to change. Final confirmed dates will be released in June 2025.

Group 5

Day:	Topic:	Date:	Location:
1	Smile Design and Patient Management	2 nd October 25	Park Plaza, Westminster Bridge
2	Colour, Shade Assessment and Bleaching	16 th October 25	Park Plaza, Westminster Bridge
3	Clinical Photography	27 th November 25	Park Plaza, Westminster Bridge
4	Aesthetic Anterior Composites	8 th January 26	LonDec
5	Veneers & Soft Tissue Management	5 th February 26	LonDec
6	Aesthetic Anterior Crowns	5 th March 26	LonDec
7	Aesthetic Posterior Composites	16 th April 26	LonDec
8	Posterior Aesthetic Onlays & Crowns	30 th April 26	LonDec
9	Tooth Surface Loss & Full Mouth Rehab	28 th May 26	LonDec
10	Replacement of Missing Teeth	25 th June 26	LonDec
11	Practise Day	23 rd July 26	LonDec
12	Advanced Treatment Planning & Fee Setting	10 th September 26	Park Plaza, Westminster Bridge
13	Dental Laboratory Day	TBC	Precision Dental Studio - Thatcham

Please note the dates are provisional and may be subject to change. Final confirmed dates will be released in June 2025.

Course Fee:

Total Cost: £9,480 + 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 £500 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

Cancellation policy:

You may cancel your registration and receive a full refund of your deposit by May 1st 2025. Cancellations made after this date will not be eligible for a deposit refund.

Instalment Deadlines:

Date:	Amount:
September 1st 2025	£2,370 + VAT
December 1st 2025	£2,370 + VAT
March 2nd 2026	£2,370 + VAT
July 6 th 2026	£2,370 + 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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