

MASTER COURSE

—

“Esthetic Dentistry in the 21th century: a simple and reliable approach”

by Dr Giovanni Tommaso Rocca

Dear Dentists,

Please find below the program of the master course “Esthetic Dentistry in the 21th century: a simple and reliable approach” by Dr Giovanni Tommaso Rocca.

Training cost: 1'500 chf for Ardentis dentists.

Registrations: The number of participants is limited to 6 people on a basis of a chronological registration.
We thank you to fill the form and send it by mail to the HR Team : rh@ardentis.ch

At a glance

Since a half of century now, aesthetic needs of patients in dentistry have increased enormously. People of both sexes and ages are constantly subjected to messages from the media where the health, beauty and success of a person reflect through a healthy, beautiful and “white” smile. The consequence of this message is that mouth care and caries prevention have increased together with the need of aesthetic appearance. This is as true today for the anterior as for the posterior teeth. Materials like silver amalgams and gold are definitely out of the picture and inconceivable for most of our patients. New adhesive techniques and composite/ceramic materials are available in dentistry to support this change of expectations. Today, these techniques and the rising CAD/CAM technology allow for a more conservative and aesthetic dentistry, achieved simpler and faster, not compromising the quality.

The aim of this three-days course is to show in theory and practice modern dentistry as it is commonly taught at the Dental School of Geneva and done on a daily basis in the Ardentis Dental Clinics. At the end, participants will have a clear vision on a vast range of aesthetic techniques, from personalized shade selection and simple Class I restorations, to anterior composite stratification and endocrowns on posterior devitalized teeth.

First day

“Tips and tricks for esthetic free-hand anterior composite restorations”

The increased aesthetic needs of our patients and the rapid evolution of composite materials have brought to market innumerable “aesthetic” composite resins. Most of them propose different dentin and enamel shades which are stratified in the cavity in order to re-create the natural anatomy and obtain good aesthetics. Unfortunately, most of the stratification techniques proposed often appear too complicated and inadequate in daily practice where the dentist is faced with the choice of too many materials (dentin, enamel, colorants, opalescent resin, incisals...) in the few millimetres available.

The aim of these first two days is to give to the participant a simple and systematic approach to make aesthetic anterior and posterior direct composite restorations. A profound review of modern adhesive systems will introduce the course.

Objectives:

Participants at the end will be able:

- to choose the right adhesive system.
- to recognize parameters that really influence esthetic outcomes for anterior free-hand restorations.
- to choose the right bleaching technique.
- to build-up an anterior Class IV free-hand composite restoration on models and on an extracted tooth.

Morning theory:

08:30 - 09:15	Registration and welcome coffee. Intro to the course and literature distribution.
09:15 - 09:45	Adhesive systems. Which is the best one?
09:45 - 11:00	Free-hand anterior restorations. Which matters?
11:00 - 11:30	Coffee Break.
11:30 - 12:30	<i>International speaker.</i>
12:30 - 13:30	Lunch.

Practical afternoon:

13:30 - 16:00	Workshop: build-up of an anterior restoration type Class IV on a fractured central incisor. The shade selection and the wax-up technique.
16:00 - 16:30	Coffee break.
16:30 - 18:00	Workshop: build-up of a Class IV anterior restoration on models. The mock-up technique.

Second day

“Tips and tricks for esthetic direct posterior composite restorations”

Objectives:

Participants at the end will be able:

- to choose the right composite for a posterior restoration. Flow, nano-hybrid or micro-hybrid?
- to manage Class II restorations in deep margin situation.
- to build-up an esthetic Class I restoration on models.

Morning theory:

08:30 - 09:15	Registration and welcome coffee. Intro to the course and literature distribution.
09:15 - 09:45	Composite systems. Resins for the mouth.
09:45 - 11:00	Free-hand posterior restorations. Class II & I.
11:00 - 11:30	Coffee break.
11:30 - 12:30	International speaker.
12:30 - 13:30	Lunch.

Practical afternoon:

13:30 - 14:30	Class II posterior restoration. Demo.
14:30 - 16:30	Workshop: build-up of a posterior restoration on models (Class II & I).
16:30 - 17:00	Coffee break.
17:00 - 18:00	Workshop: correction of the Class IV anterior restoration on the extracted incisor.

Third day

“Bonded Indirect restorations for posterior teeth:
time to reconsider posts and crowns?”

When free-hand composite resins are not able to restore a large cavity in posterior teeth, an indirect technique is normally indicated. Adhesive onlays and veneers are normally fabricated in two clinical appointments - first the preparation of the cavity and then the cementation of the restoration - even if today the new CAD/CAM technology allows the same procedure chairside and in a one-day session. Instead of classical metal-ceramic crowns, adhesive onlays are more conservative (more than 50% less tissue loss), cheaper, faster and offer superior aesthetics. Since the first description of the indirect technique in 1982, protocols have changed rapidly following the current adhesive philosophy and improvements in materials and techniques. As a matter of fact, too many materials are nowadays available on the market, creating confusion for the operators.

The aim of this course is to describe step-by-step the simplified technique taught at the University of Geneva which today stands as the worldwide reference for the fabrication of bonded indirect restorations. Particular attention is given to the restoration of devitalized teeth by the new “endocrowns” restoration concept. Participants will be guided on to the right choice of resin cement and the indications between composite and ceramic materials.

Objectives:

Participants at the end will be able:

- to choose the right indications for onlay restorations in vital/non-vital teeth.
- to prepare the cavity for an onlay and cement the restoration easily.
- to choose the right resin cement.
- to choose the right indications between ceramic and composite restorations.

Morning theory:

08:30 - 09:00	Registration and welcome coffee. Intro to the course and literature distribution.
09:00 - 10:00	Onlays for posteriors: the indirect way of life.
10:00 - 10:30	Coffee break.
10:30 - 11:30	Endocrowns for devitalized teeth: are post and crowns still necessities?
11:30 - 12:30	<i>International speaker.</i>
12:30 - 13:30	Lunch.

Practical afternoon:

13:30 - 14:15	Posterior onlays. Demo for the cavity preparation.
14:15 - 16:00	Workshop: cavity preparation for an onlay on models.
16:00 - 16:30	Coffee break.
16:30 - 17:00	Demo: impressions with the “triple tray”.
17:00 - 17:15	Video on luting of an onlay.
17:15 - 18:00	Workshop: luting of a CAD CAM composite endocrown and esthetic corrections of the surface.

Dr Giovanni Tommaso Rocca



Dr Giovanni Tommaso Rocca graduated from the University of Pavia, Italy (Dottore in Odontoiatria -2001) and from the University of Geneva, Switzerland (Licence en Médecine dentaire - 2004). He then pursued a post graduate degree in Geneva, earning a “Doctorate in Dental Medicine” with a Thesis directed by Dr D. Dietschi - 2010. He followed from 2005 to 2009 the Specialization in Microinvasive Aesthetic Dentistry directed by the Professor I. Krejci. In 2012 he became a PhD candidate on “Endocrowns Restorations” at the ACTA University of Amsterdam, under the supervision of Professor A. Feilzer. Since 2013, he is Chef de Clinique for pre-grade students and teacher in the post-grade Master of Advanced studies in Microinvasive Aesthetic Dentistry. Since 2014 he is also visiting Professor for the Master of Aesthetic Dentistry in UIC university of Barcelona. His main field of research is currently focused on the adhesive indirect restorations and composite resins where he has published several international publications in peer reviewed journals. He is the co-Author of the chapter “Restaurations coronaires et corono-radiculaires des dents dépulpés” appearing in the book “Endodontie” of S. Simon, P. Machtou and WJ Pertot - 2012. He also practices as a specialist in adhesive restorations and aesthetics in Ardentis Dental Clinique in Morges since 2006, where he coaches his colleagues.