

Soaring to new heights in smile design

Marius (Mo) McGovern, from the Liverpool Implant & Aesthetic Dental Spa, attended one of the Perfect Smile Academy's seminars on veneer luting



Radio City, the spectacular setting for the seminar

AFTER a couple of "lull" years following graduation I became very interested in aesthetic dentistry and wanted to develop my skills. Over the years I've attended many courses and had the opportunity to learn from many world-renowned aesthetic dentists including Lorenzo Vannini, Galip Gurel, Didier Dietschi, Larry Rosenthal, Ross Nash and David Hornbrook and within the UK Mike Wise, Paul Tipton and Chris Orr. Observing aesthetic postgraduate education elsewhere resulted in a desire to provide seminars and hands-on training courses in Liverpool, which culminated in the setting up of the Aesthetic Knowledge Training Company. This company, although in its infancy, will attempt to provide the dentists of the north with more opportunity to enhance their aesthetic and restorative skills by attracting established speakers to deliver lectures and hands-on teaching at a local venue.

Smile Design seminars

The first programme of events was designed to introduce our course members to some exciting practice building opportunities, including Smile Design. Smile Design seminars were led by Ashish Parmar and Rahul Doshi, from the Perfect Smile Academy, who began their presentation by describing

their backgrounds and pedigree. They have made several visits to the USA to learn from "the master" Larry Rosenthal and others and believe in a "philosophy of excellence" involving using the best materials, techniques and all your skill to provide patients with "perfect smiles" that will change their lives.

The art of successful veneer luting

The first step is to start working with a quality ceramist who understands Smile Design and provides you with exactly what you want. The second step is to work with the same nurse all the time, one who has been trained to follow the same procedure and work to your own particular routine. This training, which should be carried out before the treatment of every patient, must include regularly rehearsing each individual's role so that everyone is familiar with the routine and feels relaxed. You also need to be organised, with a logical layout every time so you will know where to find everything without a search.

It is also important to use the highest quality materials and to work in a regular



Luxatemp system



Vitique syringes



Course organisers Mo and Debbie McGovern with Rahul Doshi (left) and Ash Parmar (right) from the Perfect Smile Academy

routine. For example, Ash and Rahul only use LuxaTemp Fluorescence temporary crown and bridge material to fabricate their provisional crowns and veneers. These can then be characterised and adjusted to create an accurate template for the final restorations using LuxaFlow Fluorescence. Both materials have an inherent fluorescence that mimics natural teeth, enabling them to provide their patients with temporaries that look natural in all lighting conditions. Also, they always spot etch their temporaries in the same areas so that they know where to expect to find the temporary luting cement. This makes it easier to remove them when fitting the final restorations.

Before cementing the final restorations it is obviously essential to try them in for fit and aesthetics and Rahul suggests that you don't show them to the patient until you are 100 per cent certain they are correct. If in any doubt, do all the adjustments, recontouring, etc, before you let the patient see them. If they are perfect, go straight to cementation.

Vitique – their luting cement of choice

Both use Vitique as their composite luting cement of choice. It can be used for luting veneers, crowns, bridges, inlays and onlays using either a light cure or dual curing technique. It can be directly applied using an innovative application system that combines the base and catalyst syringes so both pastes are automatically dosed and mixed in the optimised proportions. Ash and Rahul both prefer to use a dual cure technique because it guarantees 100 per cent success. Consistent shade matching is ensured because only a small amount of catalyst is used and minimal shade

change occurs. The availability of corresponding try-in pastes, including one in the catalyst shade, means you can simulate exactly the shade change caused by mixing the base and catalyst together. The try-in pastes are water-soluble so no alcohol is needed to remove them afterwards.

Another advantage of Vitique is that it is only mixed when you need it, eliminating the risk of premature polymerisation when seating the later veneers in multiple veneering techniques.

Organisation is essential

When cementing veneers, it is essential to follow an organised procedure, training the nurse to replace them on the model between steps; otherwise they can be easily mixed up, leading to terrible problems. They suggest you establish a routine so that you always work from one direction to the other, allowing for any additional factors like path of insertion, etc. If you have a random approach, you are much more likely to have errors.

We were given a step-by-step guide to the successful luting of veneers, and among the helpful tips was use hydrogen peroxide to achieve complete haemostasis if you get bleeding at the time of placing the veneers, to provide a seal and prevent problems of recurrent caries afterwards.

When polishing veneers, Ash and Rahul stressed the importance of using a fast turbine handpiece (not an airtor) with a gentle caressing motion to avoid applying too much pressure and causing the porcelain to crack.

They said recontouring can save a case if you use the correct materials and have the confidence. This is nothing that laboratories do not routinely do after



Mo McGovern runs four successful practices in Liverpool, including the Liverpool Implant & Aesthetic Dental Spa and the soon to be launched Liverpool Dental Spa Dental Referral Centre in Liverpool city centre, which will coincide with Liverpool's award of European Capital of Culture status. He is also co-director and founder of the Aesthetic Knowledge Training Company, which runs hands-on, training courses on aesthetic, advanced restorative and implant dentistry. For further information contact Susan Gorman on 0151 709 9977 or email sueliverpooldental-spa@yahoo.co.uk

firing veneers themselves, using the same materials and techniques.

Recontouring can either be performed at the initial fit or at the seven-day review depending upon the initial appearance and time available.

Sometimes you need to add subtle imperfections to make "perfect" restorations look "natural" because ceramists tend to supply "perfect" restorations to keep dentists happy.

Their advice is to delay recontouring until the patient has become used to the new shade, shape and feel, etc. This is because, when anaesthetised, it is difficult to judge the natural smile line and adjust the length of the veneer.

Once final adjustment has been completed, use Luminescence on a felt wheel to obtain the final lustre.

Building for success

Finally, they suggest advising female patients to bring some lipstick to the review appointment when the final photographs are taken. This is a very powerful tool for patient satisfaction. It also enables you to build up a portfolio of before and after pictures for new patients to see. Ash and Rahul have built up a symbiotic relationship with a

professional photographer who offers a free makeover photograph to all their patients.

Conclusion

With an easy going but informative style Ash and Rahul are easy to listen to and disseminate their "wisdom" in a pleasant manner that captures your imagination and really encourages you to enhance your skills. I think it gave everyone present many valuable ideas on how to perfect their veneer cementation technique and improve their overall patient and professional satisfaction.

Rahul and some of the course participants during the afternoon case study session



BACD members to lecture at BDA section meeting

THE sharing of knowledge between dental professionals is a founding principle of the British Academy of Cosmetic Dentistry (BACD), which is delighted that two of its members will be sharing their expertise at the forthcoming British Dental Association (BDA) section meeting in Lincoln on March 27.

Mr Luke Barnett and Dr Jay Padayachy will each deliver a one-hour presentation discussing the BACD and its role in postgraduate education for cosmetic dentists.

Mr Barnett will also refer to actual cases to demonstrate the importance of good communication between the GDP and the technician, as well as offering an interesting overview of smile design.

Dr Jay Padayachy is widely experienced in comprehensive restorative and cosmetic dentistry and will illustrate his discourse with a number of impressive case studies. He will pay particular attention to the importance of occlusion in relation to cosmetic dentistry.

For further information about joining the BACD call Suzy Rowlands on 020 8241 8526 or visit www.bacd.com

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