

# Hitch Hikers Guide to Composite 19<sup>th</sup> January 2011

## Wirral PGMC

Start 9am, finish 5pm

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Dear colleague

To get the most out of the practical course day please endeavour to bring along the following dental kit:

1. A curing light
2. A probe, a pair of tweezers
3. Your preferred composite instruments, e.g. a wards carver with a sharp point
4. Composite polishing kit, clear strips, matrices
5. Your rubber dam kit – dam, punch, frame, clamps and forceps
6. Your prepared plastic teeth!

### A note on curing lights

We will have a few with us – if you can't bring one don't panic. Normally Optident provide a large quantity but they are supporting several courses on this particular day and we're not sure how many we will receive. Sorry for any inconvenience.

### Optional kit

If you own magnification loupes or a clinical camera please bring them and use the.

### Customise this course day

I would like to make sure you get the most out of this training day. If there are any aspects of operative dentistry that you would like me to cover email the topics to me at [referrals@cheshiresmile.co.uk](mailto:referrals@cheshiresmile.co.uk)

### Your cases

If you have any restorative, endodontic cases, models, radiographs or prosthetic work at any stage of completion please feel free to bring these along to discuss as a group.

### Our dental courses

We have other dental courses available, there are two places left on our endodontic course, 8<sup>th</sup> February at the Village Hotel Liverpool. I enclose a course timetable and there are further details on our web site [www.cheshiresmile.co.uk](http://www.cheshiresmile.co.uk)

I look forward to meeting you in person next week.

Kind regards



Mr Peter Smyth BDS, MSc

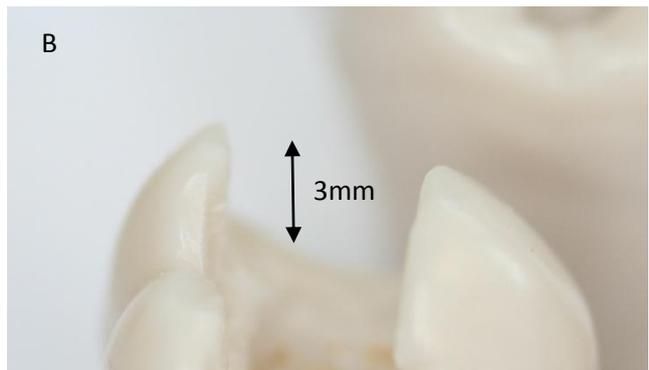
Enc teeth and course timetable

## How to prepare the teeth

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Please find enclosed 5 plastic teeth for you to prepare at your clinic. Simply copy my preparations in the photos below. Use rotary diamonds and water spray as normal.

**In two of the molar teeth cut BIG occlusal cavities, yes BIG, but not including the functional cusp tips (A).**



**In the other molar cut a big MO cavity, make the box no more than 3mm deep (B).**

**Using the 2 incisors cut a large chunk off them to simulate a fractured tooth. Then create a chamfer 360° around the tooth margin. Make the preparation heavier on the palatal aspect and lighter on the labial surface (C and D).**



Any problems please email me at [referrals@cheshiresmile.co.uk](mailto:referrals@cheshiresmile.co.uk)

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**Dental nurse Hannah says:**

*"You're going to use your prepared teeth to carry out composites....."*

*.....**Please make sure you don't forget them!**"*