

FRESHDENTAL
INSTITUTE

COURSES & PROGRAMMES

Believe in the bond.

More confidence. More income. *More life.*

You trained for years to do great dentistry. Yet so many young dentists feel unsure taking on bigger cases, stuck doing the same treatments, and watching the clock. Here is what changed for the dentists who trained with us.

CONFIDENCE

97%

gained confidence in their dentistry

INCOME

98%

increased their monthly income

EARNINGS

£48k+

a year added by almost half our graduates

ENJOYMENT

83%

enjoy dentistry more

IN THEIR WORDS

"I dropped from five to four days, yet my income has doubled. 50% more weekend, 200% earnings!"

DR ROSS PENCOVICH

"One of the big things this course has provided me is more confidence in completing complex smile makeovers."

DR ZAMENA JANMOHAMED

"I never enjoyed restorative dentistry very much. Monik changed my attitude completely!"

DR LILIYA EKOVA

"Hands down the best and most valuable course I've done. Wish I could've done it 10 years ago!"

DR ADAM LANE

Figures from our before-and-after surveys of Totally Aesthetics Diploma graduates (800+ delegates). Self-reported; income figures are gross private income. Individual results vary.



FRESHDENTAL INSTITUTE · CENTRAL LONDON

Where great dentists *are made.*

Some of the UK's finest clinicians came through our courses.

Freshdental Institute is the postgraduate education centre founded by Dr Monik Vasant. It is home to Totally Composite, one of the world's most attended dental courses, and the Totally Aesthetics Diploma, our year-long, 120-credit Level 7 postgraduate diploma in restorative and aesthetic dentistry.

We teach minimally invasive dentistry that general dentists can deliver predictably in everyday practice.

WHAT WE STAND FOR

- Predictable dentistry that works in general practice
- Minimally invasive, tooth-preserving and ethical
- Diagnosis and planning before technique
- Mentoring long after the course ends

6,200+

dentists trained on **Totally Composite**, our globally run, two-day anterior and posterior composite masterclass

280

editions of **Totally Composite**, taught in 14 countries around the world

900

graduates of our year-long **Totally Aesthetics Diploma**

OUR FOUNDER

“I’ve been *where you are.*”



Dr Monik Vasant

BCHD MSC MFDS FCGDENT

Fellow of the College of General Dentistry

MSc in Aesthetic & Restorative Dentistry

Faculty member, glDE Institute, Los Angeles

UK ambassador and global trainer for Invisalign

THE JOURNEY HE TEACHES FROM

- NHS dentist
- NHS practice owner, Bolton
- Successful practice sale
- Private clinic in Central London
- Freshdental Institute

Built from scratch, twice

Monik didn’t build his career only in high-end private dentistry. He started in NHS dentistry, then founded and owned a squat NHS practice in a deprived area in the North of England, growing it while keeping clinical standards high, and ultimately selling it successfully.

He went on to build Freshdental Clinic in London, a squat private practice focused on high-quality, minimally invasive restorative and aesthetic dentistry, and alongside it built Freshdental Institute from the ground up.

Why that matters to you

When Monik teaches treatment planning, case presentation, fee setting, building a private patient base, clinical excellence and managing bigger cases, it comes from having done it himself for over 20 years. He understands where you’re starting, and he’ll show you the things that helped him progress.

MV

DR MONIK VASANT

BChD MSc MFDS FCGDent

CLINICAL WORK BY DR MONIK VASANT

This is what *you'll learn to do.*

What we teach is what we do. Every protocol on our courses is used every day on real patients at Freshdental Clinic, and these close-ups are from Monik's own cases. Full before-and-after cases are on the next page.







Real patients. *Real results.*

Four cases treated with the same planning, techniques and materials we teach. This is the standard our courses take you towards.

01 Rehabilitation with 3D printed restorations



02 Composite makeover



03 Tooth replacement with bridges



04 Full mouth minimally invasive rehabilitation



OUR TRAINING CENTRE · CENTRAL LONDON

Built for doing, *not just watching.*

Our purpose-built digital training centre is a few minutes from Paddington station, with easy links to the Underground, mainline rail, the Heathrow Express and major roads, and everything London offers on the doorstep.







WHAT YOU'LL TRAIN WITH

- 20 full phantom-head stations with micromotors and suction
- iTero Lumina intraoral scanners
- In-office milling, 3D printing and cone beam CT
- Station monitors, microphones and integrated sound
- A fully operational 3-surgery clinic for live patient demonstrations
- SprintRay Midas chairside 3D printers
- Live surgery cameras beaming case demonstrations
- The finest hand instruments and materials

Every practical is supported by clinical tutors who are graduates of our programmes or leaders in their specialist field, so there are plenty of hands at every station.

PROUDLY SUPPORTED BY OUR INDUSTRY PARTNERS

Kiroku · kuraray · myergo · align · SprintRay · DMG

YOUR PATHWAY

One journey.
Every stage of your career.

Our restorative and aesthetic programmes are designed to build on each other, from your first composite course to full-mouth rehabilitation, with mentorship and an alumni community that stays with you.

1

Totally Composite

2 DAYS · 280 COURSES · 6,200+ ALUMNI

The starting point, and required before Totally Aesthetics: composite protocols you can use the very next day.

2

Totally Aesthetics Diploma

12 MONTHS · 17 FACE-TO-FACE DAYS

Our flagship programme: comprehensive restorative and aesthetic dentistry, plus the planning, communication and private-practice skills to use it.

3

TA Encore

3 DAYS · FOR TA GRADUATES

Refresh and build on your techniques and get the latest updates, with a big focus on full-mouth rehabilitation.

4

Lifelong alumni

MENTORSHIP · COMMUNITY

Case discussion, continued access to the faculty and a network of graduates across the UK and beyond.



ALONGSIDE THE PATHWAY

Totally Therapist

Aesthetic, restorative and digital training for dental therapists

Totally Surgery

2-day hands-on oral surgery masterclass

Totally Creative

2-day photography and video course at Pinewood Studios

simplyendo®

10-day endodontic programme hosted at our centre



OUR SIGNATURE COURSE

TC
TOTALLY COMPOSITE

ANTERIOR & POSTERIOR COMPOSITE MASTERCLASS

Two intensive days.
A lifetime of better composites.

The starting point for our composite programmes, and the course that built Freshdental's reputation. Hands-on training for dentists and therapists at every level, using real-world techniques refined in general practice and grounded in evidence.

6,200+	280	14	2015
clinicians trained	courses delivered	countries taught in	first course, in London

WHO IT'S FOR

Dentists and dental therapists at every level, from foundation to decades in practice

HOW IT'S TAUGHT

Theory plus significant hands-on practicals, covering clinical and non-clinical skills

FREE FROM BIAS

Several materials from multiple manufacturers, so you learn what works and why

YOURS TO KEEP

180-page hardback handbook

All the course content, beautiful case photos and step-by-step protocols, printed for you to keep.

TAUGHT IN London · Manchester · Edinburgh · Glasgow · Belfast · Dublin · Dubai · Abu Dhabi · Bahrain · Ibiza · Bangkok · Manila · Sydney

"An exceptional course – do not miss this. It should be mandatory post-grad training!"

DR ROSANNA BUSUTTIL

"Absolutely brilliant! Worth every penny! Honestly a life changing course."

DR MAGDELENA RYBAK

Composite, *mastered.*



Every case here is direct composite: no lab, no ceramics. Just layering, shape and finish, the skills you start building on Totally Composite.

01 A smile makeover in composite





02 Rebuilding worn lower teeth





03 Shape and symmetry





04 Reshaping worn front teeth





05 Composite veneers, step by step









TOTALLY COMPOSITE · THE SYLLABUS

26 topics. *Two intensive days.*

Anterior

- The natural layering concept
- Material selection
- Shading systems and shade selection
- Anterior isolation techniques
- Creating the right substrate
- Bonding
- Partial-coverage anterior composites
- Direct composite veneers
- When, and when not, to prepare
- Single-layer vs multilayer approach
- Diastema closure
- Using stains, tints and effects
- Finishing and polishing

Posterior

- Posterior isolation techniques
- Ideal contact point creation
- Sectional matrices: overview and use
- Direct posterior restorations
- Posterior layering strategies
- The use of bulk fills
- Managing composite failures
- Repairs

Planning & practice

An unbiased appraisal of current materials · Treatment planning · Consent · Patient communication · Fee setting

Hands-on practicals: anterior and posterior isolation, a layered Class IV incisor, a direct veneer, diastema closure, a Class II molar and finishing, with several different materials to try.

"Having done several composite courses by the big names, I can say this is the one I learnt the most from."

DR STEPHEN HUDSON

"Monik's work seemed magical and impossible, however in two days he showed that we too can achieve that magic."

DR SIMRUN SEYAL

"I have never gained so much from a course, and it will change my daily practice."

DR AMY HARPER

Results that speak *for themselves.*

TC
TOTALLY COMPOSITE
ANTERIOR & POSTERIOR COMPOSITE MASTERCLASS

Real composite cases, and what delegates say about the two days.

01 Closing diastemas



02 Composite veneers



03 Restoring broken teeth



"This course has completely changed the benchmark of the dentistry I aspire to be able to practise. His expertise of composites cannot be overstated."

DR NAVIN SIVANANDAM

"I judge the quality of a course by the amount of applicable tips I gain. Totally Composite has by far exceeded my expectations."

DR AMY HARPER

"It's really special to have someone as gifted and experienced share his tips, tricks and expertise. One of the best educations out there."

DR LAURA O'SULLIVAN, IRELAND

"I first attended the Totally Composite course which itself changed my restorative dentistry. Then I got on the Totally Aesthetics course, which was a game changer."

DR REZA ARIA



OUR FLAGSHIP PROGRAMME

TOTALLY AESTHETICS

RESTORATIVE & AESTHETIC DENTISTRY

DIPLOMA

More than a diploma. *A career transformation.*

Our year-long Level 7 diploma in comprehensive restorative and aesthetic dentistry, building on Totally Composite. Evidence-based theory, live demonstrations and extensive hands-on practicals, teaching the clinical and non-clinical skills of modern private dentistry.

17	300+	Lifelong	900	Level 7
face-to-face days over 12 months	hours of online learning	case and professional mentoring from Dr Monik Vasant and the Institute team	graduates in a close, case-sharing alumni community	PgDip Rest&AesDent (FDI), 120 credits

Clinical and non-clinical. *Side by side.*

THE DENTISTRY

Examination and treatment planning · Smile design and whitening · Occlusion and tooth wear · Aesthetic periodontology · Aligner orthodontics · Guided and freehand composites · Onlays, veneers and crowns · Endodontics · Implant restoration · Bridges · Full-mouth rehabilitation

NON-CLINICAL SKILLS

Patient communication · Case presentation · Treatment acceptance · Ethical selling · Fee setting · Dental photography and marketing · Personal branding and social media · Diary management · Private-practice systems · Profitability



A state-of-the-art *digital training centre.*

- Phantom-head stations with micromotors and suction
- iTero Lumina intraoral scanners
- SprintRay Midas chairside 3D printers
- A fully operational clinic for live patient demonstrations

INCLUDED FREE

Invisalign Go

Free accreditation, so you can start offering aligners

CGDENT

Assoc FCGDent

Graduates are eligible to apply for Associate Fellowship of the College

KEEP GOING

Pathway to a Master's

A fast-track MSc route via the College of General Dentistry and Aston University

THE NUMBERS BEHIND THE TRANSFORMATION

98% earned more. *Here's how much.*

We survey every cohort before and after the programme, and more than 800 delegates have taken part. Totally Aesthetics is about better dentistry first, but the financial change our graduates report is substantial.

98% of graduates answering the question reported an increase in their monthly income.

ALMOST

1 in 2

added **£4,000+** a month

= £48,000+ a year

MORE THAN

1 in 3

added **£6,000+** a month

= £72,000+ a year

1 in 5

added **£10,000+** a month

= £120,000+ a year

Increase in reported gross private income, comparing before and after the programme.

EARLY IN YOUR CAREER?

Among graduates under 30:

~57% added £4,000+ a month

~45% added £6,000+ a month

1 in 4 added £10,000+ a month

"I dropped from five to four days, yet my income has doubled. 50% more weekend, 200% earnings!"

DR ROSS PENCOVICH, TA GRADUATE

Based on self-reported pre- and post-course delegate survey data. Monetary changes derived from reported income bands are approximate and represent gross private income. Individual results vary.



THE CLINICAL IMPACT

Become better at dentistry first. *The career follows.*

97%
gained confidence

91%
say they became better dentists

83%
are doing more private and aesthetic dentistry

83%
enjoy dentistry more

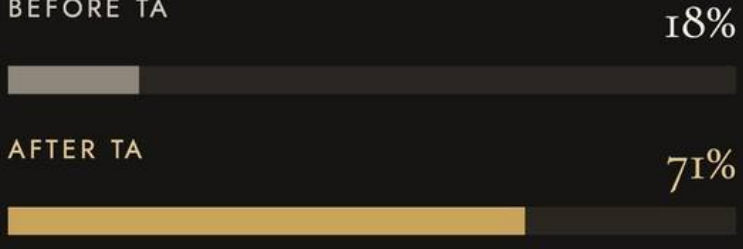
81%
say they are earning more

77%
are taking on bigger cases

"AM I EXPERIENCED ENOUGH?"

Nearly a *4× shift*

in delegates describing themselves as intermediate or experienced in aesthetic dentistry.



Based on self-reported pre- and post-course delegate survey data. Individual results vary.

Which dentist *are you?*

There is no single Totally Aesthetics delegate. Here's what the programme did for dentists who started where you are now.

Predominantly NHS and feeling stuck

Create options beyond NHS dentistry

3 in 4 who started predominantly NHS moved into mixed or fully private dentistry. Their median monthly private-income band rose from under £2,000 to £6,000–£8,000.

"I started this year as a predominantly NHS dentist who has now become a partner in a private practice." DR GRAHAM LISTER

In mixed practice and plateaued

Stop referring the dentistry you want to do yourself

83% of graduates are doing more private and aesthetic dentistry, and **77%** are taking on bigger cases.

"The course has given me the confidence to step away from single tooth dentistry." DR SING-YEE CHAN

Already fully private

Now take your dentistry to another level

Of dentists already fully private before TA, **96%** gained confidence, **89%** say they became better dentists and **77%** are taking on bigger cases. Almost **1 in 5** added £10,000+ a month in gross private income.

A young, ambitious associate

Years of progression in one structured year

Among graduates under 30, around **57%** added £4,000+ a month and around **1 in 4** added £10,000+.

"...an opportunity to advance my career in a single year more than dental school ever did over five." DR JAMIE ADAMSON

A principal or practice owner

Develop your team from within

Join yourself or send your associates: clinical consistency, associate development and retention, more private dentistry in-house and less reliance on you. See one South Wales practice's results on page 22.

Based on self-reported pre- and post-course delegate survey data. Monetary figures are approximate gross private income derived from income bands. Individual results vary.

TOTALLY AESTHETICS
RESTORATIVE & AESTHETIC DENTISTRY
DIPLOMA

17 days. *One cohesive journey.*

Each module builds on the last, from the examination to full-mouth rehabilitation. Every day combines evidence-based theory, live demonstration and hands-on practicals.

17 teaching days **16** modules **190+** topics covered **300+** hours online

01 The Examination

To learn how to conduct the perfect examination: the engine room of high-quality dentistry.

The importance of the first impression · The Great Examination · The five principles of the perfect examination · Conducting the perfect examination · Workflows for different situations · The art of patient communication · Reducing barriers · Overcoming objections · Presenting your findings and photographs · Streamlined digital scanning · Diary management and timing · Fee setting · Understanding your numbers · Branding · Marketing




02 Photography & Marketing Masterclass

To take beautiful dental photographs, present them in a stylish, professional format and market your work.

Introduction to photography · Camera settings · The Totally Aesthetics clinical series · Intra-oral photography · Extra-oral photography · Artistic portrait photography · Software and apps for presentations, videos and literature · Using social media to show patients what you do





03 The Components of a Beautiful Smile

To design beautiful smiles and master the latest in tooth whitening.

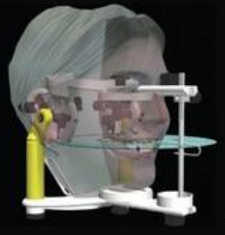
The components of an ideal smile · Smile design theories · Anterior morphology, with practical · Traditional smile design · Facially driven treatment planning · The Digital Smile Design (DSD) concept · Lab communication · Wax-up techniques · The mock-up · Digital vs analogue · Discovering your patients' aesthetic demands · Aetiology of discolouration: extrinsic and intrinsic · Managing extrinsic discolouration · Non-vital whitening · Vital whitening techniques




04 Occlusion & Tooth Wear

To understand occlusion and learn how to manage tooth wear.

Key principles of occlusion · Occlusal terminology · Functional approaches to managing the occlusion · Finding and recording centric relation · When to use centric relation · Conformative vs reorganised · Face-bows: analogue vs digital · Articulators and when to use them · Lab communication and diagnostic wax-up · Aetiology, diagnosis and management of wear · When to intervene · The four strategies for restoring cases · The Dahl technique · Increasing OVD · Splints


The curriculum, *continued*

MODULES 05–08

TOTALLY AESTHETICS
RESTORATIVE & AESTHETIC DENTISTRY
DIPLOMA

05 Aesthetic Periodontology

To update on the latest in periodontology and teach predictable aesthetic periodontal surgery.

The latest classification in periodontology · Periodontology's role in aesthetic dentistry · When to refer · Managing recession · What's possible with root coverage · Predictable crown lengthening · Gingivectomy vs crown lengthening with bone removal · Using digital technology to assist · Assessing the bone position · Laboratory communication · Practicals on crown lengthening and gingivectomy using laser and traditional methods





06 Aligner Orthodontics

The role of orthodontics and the advanced use of aligners in multidisciplinary dentistry.

Introduction to orthodontics · Orthodontic principles · The orthodontic assessment · Overview of the various appliances · When to treat and when to refer · Advanced Invisalign · Digital orthodontics · Simulating outcomes · Multidisciplinary treatment planning · Orthodontics and implantology · Managing spaces · Creating space · Performing IPR correctly · Managing complications · Retention · Post-case finishing with composite · Consent · **Plus FREE Invisalign Go accreditation** for those not yet accredited





07 Totally Guided

To plan and execute fully guided direct composite restorations.

Case selection and planning · Lab communication and diagnostic wax-up · Stent design · The TA guided workflow · The Dahl technique · Guided vs freehand composites · The mock-up · Comparing guided placement techniques · Guided anterior smile makeover practical · Finishing and polishing





08 Posterior Maestro

To execute advanced posterior direct composite restorations.

The latest posterior materials and their use · Detailed posterior morphology · Advanced posterior isolation · Choosing the right matrix · Margin elevation techniques · Back-to-back restorations · Replacing missing cusps · Class V restorations · Cracked teeth · Finishing posteriors



3D PRINTING WITH SPRINTRAY MIDAS





"I love a protocol, and Monik gives you a protocol for every eventuality."

DR HENRY FURBANK, TA GRADUATE

The curriculum, *continued*

09 Onlays

When and how to restore compromised posterior teeth with partial-coverage restorations.

Case selection · Ceramics and their indications · Crown vs overlay vs onlay vs inlay · Immediate dentine sealing · Core build-up · Preparation techniques · Intraoral scanning · Chairside design · 3D printing with SprintRay Midas · Temporisation · Cementation and bonding





10 Endodontics

To update on the latest in minimally invasive endodontics.

The latest theories and practices · Diagnosis of pathology · Minimally invasive access cavity design · Cleaning and shaping · Irrigation · Obturation techniques · Practical sessions · Use of posts · Restoring endodontically treated teeth · Diagnosing fractures · Managing anterior and posterior fractures





11 Veneers

To provide beautiful veneers in a minimally invasive way.

Review of the literature on performance · Case selection and planning · Additive vs subtractive · Lab communication and diagnostic wax-ups for veneers · Digital vs analogue · Preparation vs prepless · Ceramic vs composite · The motivational mock-up · Ceramic materials and how preparations differ · The guided preparation (Gurel) technique · Managing the margin · Controlling the soft tissue · Sandwich crowns · Provisionalisation · Shade selection · Cementation



12 Crowns

When and how to use crowns to restore compromised teeth.

Case selection · Materials and their indications · Crowns vs veneers vs composite · Monolithic vs layered · Managing the dark stump · Immediate dentine sealing · Preparation techniques · Horizontal vs vertical margins · Perfecting your margins · Laboratory communication · Preparation practicals · Intraoral scanning · Conventional impressions · Shade selection · Temporisation · Cementation and bonding

12 · CROWNS: BEFORE AND AFTER





The curriculum, *continued*

13 Implant Restoration

To introduce the world of dental implants and give the skills to restore a single unit.

Introduction to dental implants · Imaging · Fundamentals for implant success · Literature on success and survival · Planning · Immediate vs delayed · Managing the anterior soft tissues · Temporisation · Restoring single implants · Avoiding pitfalls · Managing the failing implant · Maintenance





14–15 Anterior Maestro

Two intensive days advancing your planning and technical skills in composite smile makeovers and complex build-ups.

The latest anterior materials and their use · Detailed anterior morphology · Smile design overview · Direct single-layer composite veneers · Direct multi-layered composite veneers · Cut-back techniques · Shade masking · Managing hypoplasia · Full-arch smile makeover practical





Case: closing diastemas in composite



16 Bridges

To replace missing teeth predictably with fixed bridges.

Review of the literature on performance · Bridges vs implants · Choosing abutment teeth · Fixed-fixed, fixed-movable and cantilever designs · Conventional bridges · Adhesive bridges · Fibre-reinforced composite bridges · Hybrid bridges · Telescopic bridges · Materials and indications · Preparations for each design, with practicals · Managing the pontic site · Occlusal considerations · Temporisation



17 Multidisciplinary Planning & Rehabilitation

To tie the whole year together for complex case management.

Revisiting core aspects of the programme · Occlusion, part two · Increasing OVD · Full-mouth functional trials · Minimally invasive full-mouth rehabilitation · Staging the full-mouth rehabilitation · Material selection · Direct vs indirect: pros and cons · Treatment planning · Managing multidisciplinary cases · Awards ceremony and graduation celebration





WHAT'S INCLUDED

Everything you need, *in one year.*

- 17 face-to-face teaching days over 12 months
- 300+ hours of structured online learning
- Free Invisalign Go accreditation, worth £3,000
- Hands-on with phantom heads, scanners and 3D printers
- Mentoring and case support with Monik and the team
- Long-term access to the faculty and alumni network

The skills dental school *didn't teach you*

Becoming a better private dentist takes more than knowing how to prepare a tooth. These are woven through the whole year:

Patient communication | Case presentation | Treatment acceptance | Ethical selling | Fee setting | Personal branding | Social media | Private-practice systems | Profitability | Managing larger cases

YOUR QUALIFICATION

The qualification matters. *What it enables you to do matters more.*

PgDip Rest&AesDent (FDI)

A 120-credit Level 7 postgraduate diploma awarded by EduQual, a regulated awarding body, on successful completion.

College of General Dentistry

Eligibility to apply for Associate Fellowship (Assoc FCGDent, where awarded) and the CGDent postgraduate register.

MSc fast-track

Access to a fast-track MSc route through the College of General Dentistry and Aston University.

PROUDLY SUPPORTED BY OUR INDUSTRY PARTNERS

Kiroku | kuraray | myergo | align | SprintRay | DMG

THE INVESTMENT

An investment *you can measure.*

TOTALLY AESTHETICS COURSE FEE

£14,541.67

+ VAT

DEPOSIT

£1,000 inc. VAT to secure your place (non-refundable)

DIPLOMA REGISTRATION

External registration and certification fee: £395

FLEXIBLE PAYMENT

The balance in 6 instalments

BEFORE YOU START

You must complete Totally Composite first

Provisional dates are provided closer to the time. Questions? Email training@freshdental.co.uk

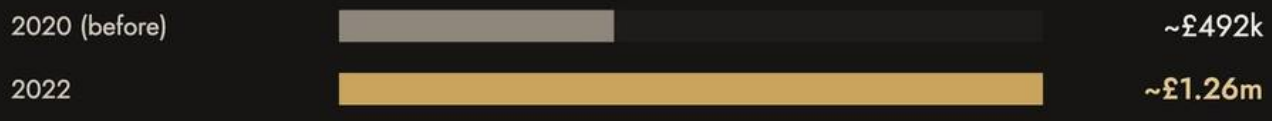
For an associate on a typical 50% split, the course investment (around £17,500 including VAT) is equivalent to roughly:



FOR PRACTICE OWNERS · BRIDGE DENTAL CARE, SOUTH WALES

Four associates. *One training plan.*

Led by Dr Len Smart, the practice's associates completed Totally Composite in 2020, then Totally Aesthetics from 2021. Their private income:



Denplan patients reportedly grew from 923 (January 2021) to 1,577 (January 2023). Dr Smart has since expanded his group and sent more than 20 dentists through Freshdental education as part of his associate development model.

Payback periods are illustrative, based on reported gross private income increases and a 50% associate split. Practice figures as reported by the practice. Individual results vary.

Their words, *not ours.*



"Absolutely transformational year. My income has more than doubled, but I am a better dentist, I enjoy my job more and feel every aspect of my career has improved. The best investment of my career!"

DR GEETA MAHTANI

"I did not anticipate just how much I still had to learn after 14 years in dentistry. The course completely changed the way I work. I started to enjoy dentistry again, and as a bonus my annual turnover doubled within the first 12 months."

DR NATALIE CONNOLLY

"I was working in a mixed NHS practice and feeling like I had hit a wall. Since finishing the course, I love dentistry again. I feel more confident and have left the NHS to work in a fully private practice."

DR AMRINDER BAIDWAN

"TA took me from an enthusiastic dentist a few months out of FD, already feeling the burnout of 6,500 UDA contracts, to a chilled-out, fully private practitioner enjoying the dentistry every day."

DR ALEXANDER COOK

"Whilst the monetary gain is great, the quality of work I am delivering is much more satisfying."

DR MICHELLE CONLON

"I used to be stuck in the NHS grind, but now I'm in a private practice close to home, doing work that I love."

DR SHEN AI KERRINE LEE

"Monik's tips, not only on dentistry but also on diary management, made a massive and immediate impact on my dentistry, my income and, more importantly, my enjoyment of working in dentistry."

DR RYAN HOLLAND

"Before this course my confidence was –20. Now it is +100!"

DR DIANA PANCHEA

THE TOTALLY AESTHETICS FAMILY

Believe in *the bond.*

TOTALLY AESTHETICS
RESTORATIVE & AESTHETIC DENTISTRY
DIPLOMA

Join the Totally Aesthetics Diploma and you join more than a course. Every cohort, TA1 to TA42, learned together, graduated together and still shares cases, questions and celebrations.



900
Totally Aesthetics Diploma alumni

42+
cohorts completed

Keep growing



FOLLOW-UP COURSE · TOTALLY AESTHETICS GRADUATES ONLY · 3 DAYS

TA Encore: *The Next Chapter*

Three days at our London centre to refresh and build on your Totally Aesthetics techniques, get the latest updates and go further with full-mouth rehabilitation.

Day 1 · Planning, records, jaw relationships, mock-up and trial bite

Day 2 · Indirect ceramics: veneers, Tacos, onlays, table tops, sandwich crowns

Day 3 · Composite layering, lower anteriors, guided posteriors, 3D printing

Digital iTero workflow throughout, plus a welcome reception and alumni dinner.



FOR DENTAL THERAPISTS · 8 DAYS · RUNS PERIODICALLY

TOTALLY THERAPIST
AESTHETIC DENTAL THERAPY *PG Certificate*

Practical aesthetic, restorative and digital education designed specifically for dental therapists, completed alongside our composite courses. It helps practices expand what therapists contribute in modern multidisciplinary private dentistry.

The Examination · Photography & Marketing · Components of a Beautiful Smile · Occlusion & Tooth Wear · Totally Guided · Posterior Maestro · Anterior Maestro (2 days)

simplyendo
Quality care and teaching
@
FRESHDENTAL
INSTITUTE

ENDODONTICS · 10 DAYS · HOSTED AT OUR CENTRE

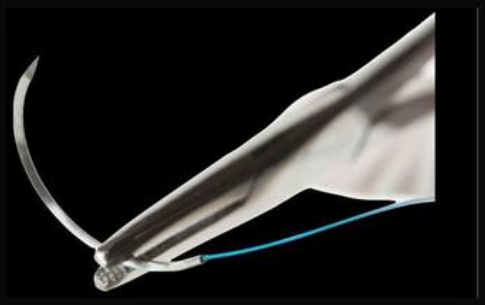
simplyendo® *10-day endodontic programme*

A 10-day endodontic programme run by simply**endo**® at Freshdental Institute. Formed in 1998 with a simple aim, to improve the quality of endodontic care in the UK, simply**endo**® blends discussion with hands-on training, so you learn the latest techniques while building confidence in cleaning, shaping and filling root canals.

ORAL SURGERY · 2 DAYS · HANDS-ON

TS
TOTALLY SURGERY
ORAL SURGERY MASTERCLASS





An intensive hands-on masterclass, supplemented with online blended learning, to take your oral surgery to the next level and tackle challenging everyday situations with confidence.

- Essential anatomy
- Instrumentation and using it optimally
- Forceps technique, luxation and elevation
- Sectioning and bone removal
- Managing wisdom teeth
- Socket preservation as pre-implant therapy
- Understanding and prescribing medications
- Assessing suitability for surgery, and the right setting
- Simple and surgical extractions
- Flap design, incision and flap raising
- Suturing and wound closure
- Planning and removing impacted and ectopic teeth
- Preventing and managing complications
- Extensive practice on realistic pig heads and custom models

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Outcome figures in this brochure are based on self-reported pre- and post-course delegate survey data. Monetary changes derived from reported income bands are approximate and represent gross private income. Individual results vary.