Eastern Counties Branch Conference 2027

Programme

8:30 Registration

9:00 Welcome address by Branch President **Marylene Cotta** and report by Branch Secretary **Nick Stolls**

9:15 Lecture: Recreating nature through composite artistry - **Ahmed Hussain**

10:45 Key note speaker **Eddie Crouch**, Chair, BDA Board

11:00 Tea Break

11:30 Lecture: The journey of periodontal patients. From non-surgical therapy to implant planning - **Ruben Garcia-Sanchez**

13:00 Lunch

14:00 Lecture: Oral surgery - Beyond the forceps: surgical extractions, wisdom teeth and when things go wrong – **Tamer Theodossy**

15:30 Tea break

16:00 Lecture: TMD, Bruxism and 'Occlusal disease' - The Triple Threat - **Jaz Gulati**

17:30 Thank you and close

Recreating nature through composite artistry - Composite Hands on **with Ahmed Hussain**

Aim

By the end of the lecture, delegates will have the knowledge and understanding of tooth morphology, successful bonding techniques and predictable anterior restorations in general dental practice.

Learning objectives

- Understand the importance of natural tooth form and morphology
- Understand when to layer vs single shade restorations
- Explore the use of different anterior matrices
- Discover a Step-by-step guide to class IV restorations
- Discuss how to restore worn down teeth using the Dahl principle.

GDC development outcome C

Biography

Ahmed is a restorative and aesthetic dentist, educator and international speaker with a passion for minimally invasive dentistry. A graduate of Bart's and The London, he holds an MSc in Restorative Dentistry with Distinction from the Eastman Dental Institute and is a Fellow of the College of General Dentistry. He is also a lecturer at the Royal College of Surgeons of England. He is co-author of *Masterclass in Anterior Composites* and founder of the Composite Artistry Masterclass, where he teaches clinicians the art and science of contemporary composite dentistry. Ahmed has lectured at universities and conferences across the UK, with a focus on delivering predictable, natural and ethical aesthetic dentistry.

The journey of periodontal patients. From non-surgical therapy to implant planning **with Ruben Garcia- Sanchez**

Aim

The aim of this lecture is to give the clinician an overview of some of the key topics involving the management of periodontal patients. These would include instrumentation techniques for non-surgical therapy, surgical management of residual pockets and recession, crown lengthening principles and implant planning in periodontal patients.
The lecture will focus on:

- Examination of the periodontal patient
- Periodontal and restorative considerations of the severely affected periodontal patient
- Advanced periodontal techniques to manage advanced periodontal cases such as
- resective/regenerative periodontal surgery, crown lengthening and mucogingival aesthetic
- surgery
- Multidisciplinary team work
- Implant in periodontal patients.

Learning objectives

- Understand the complexity associated with advanced periodontal cases
- Explain the different treatment modalities available to manage periodontal cases
- Explore multidisciplinary approach
- Discuss the differences in planning dental implants in periodontal patients.

GDC Development Outcomes A, B, C.

Biography

Ruben is an internationally recognised specialist in Periodontics that also provides dental implants as part of his clinical practice. He gained an MClinDent in Periodontology at the renowned Eastman Dental Institute (UCL) as well as an international accreditation from the European Federation of Periodontology.

Since then, he devoted part of his time to private practice and became a consultant and clinical supervisor in Periodontics at Guy's and St Thomas' Hospital, position that he held for 13 years. Ruben is also currently involved in the development of research on the latest surgical techniques to maximise aesthetics in dental implants after successful completion of his PhD in this field. Ruben has wide experience in periodontal treatment, including non-surgical and surgical treatment of periodontal diseases including conventional and regenerative periodontal surgery, periodontal plastic/aesthetic surgery and alveolar bone augmentation procedures. In addition, he has wide experience in the placement of dental implants, including complex cases that require bone augmentation procedures and/or sinus lift.

Beyond the forceps: surgical extractions, wisdom teeth and when things go wrong

with Tamer Theodossy

Aim

To develop a safe, systematic and practical approach to surgical tooth extraction, from routine cases through to third molars, including the prevention and management of common complications.

Learning objectives

- Assess extraction difficulty and recognise when a surgical approach is indicated.
- Plan and perform the key stages of a surgical extraction, including flap design, bone removal, tooth sectioning, elevation and wound closure.
- Apply appropriate instruments and techniques to achieve controlled tooth removal while minimising tissue trauma.
- Plan and undertake third molar surgery using a structured surgical approach.
- Recognise, prevent and manage common intra-operative and post-operative complications.
- Recognise when to stop, change strategy or refer when an extraction is not progressing safely.

GDC outcome C

Biography

Tamer is a Consultant Oral Surgeon with over 20 years of experience in Oral and Maxillofacial Surgery. He graduated with honours from the University of Jordan in 1997 and subsequently obtained a Master's Degree in Oral and Maxillofacial Surgery with distinction from the internationally renowned Eastman Dental Institute in 2000. He also achieved Membership of the Royal College of Surgeons of England and was later awarded Fellowship of the Royal College of Surgeons of Edinburgh. Tamer completed his specialist training in Oral and Maxillofacial Surgery at University College London Hospital and Great Ormond Street Hospital. Since 2006, he has held a number of Consultant appointments across the UK and currently practises as a Consultant Oral Surgeon at several leading private hospitals in London. He is recognised by the General Dental Council (UK) as a Specialist in Oral Surgery and by the Jordanian Dental Association as a Specialist in Oral and Maxillofacial Surgery. As part of his ongoing dedication to clinical teaching and training, Tamer also leads hands-on surgical training courses designed to enhance the technical skills and confidence of early-career clinicians in oral surgery.

TMD, Bruxism and 'Occlusal disease' - The Triple Threat **with Jaz Gulati**

Aim

To improve GDPs' understanding of the relationship between temporomandibular disorders (TMD), bruxism and occlusal/restorative risk, enabling clinicians to recognise relevant clinical signs, assess risk and make more informed restorative treatment decisions.

Learning objectives

- Recognise common signs and symptoms of TMD and differentiate these from findings that may be present without requiring active treatment
- Identify clinical patterns associated with sleep and awake bruxism, including their potential implications for the dentition and restorative dentistry
- Recognise signs of occlusal instability and excessive loading, including patterns of tooth wear, fracture, mobility and restorative failure
- Explain the relationship—and important distinctions—between TMD, bruxism and occlusal factors, avoiding assumptions of simple cause-and-effect relationships
- Perform a practical risk assessment incorporating the patient, joints, muscles, dentition, occlusion and parafunctional behaviours before undertaking restorative treatment.

GDC development Outcome: C

Biography

Jaz is a self-confessed Occlusion Geek with a passion for bruxism, tooth wear and temporo-mandibular disorders. He is the host of the Protrusive Dental Podcast, a global Top 1% Podcast in any genre, where he loves to explore clinical dentistry through conversations with experts from around the world. Jaz also created Protrusive Guidance, a CPD resource and community for some of the nicest and geekiest Dentists in the world.