

# Merimna Institute

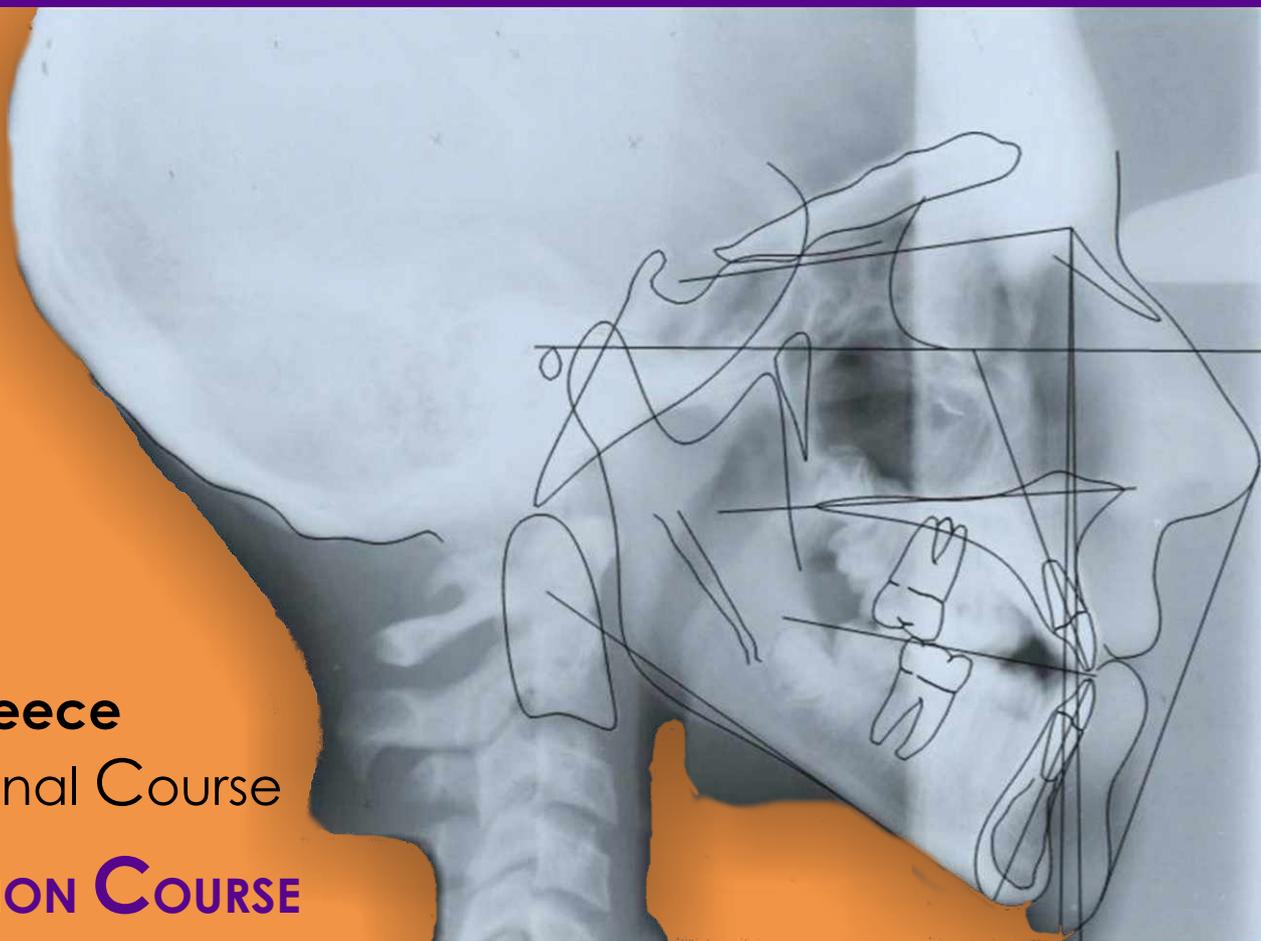
presents

## Minor Tooth Movement for the Advanced General Practitioner

**Greece**

International Course

**Five SESSION COURSE**



Five separate sessions divided over a two-year period

Athens, **Greece**

New York, **Usa**

**A hands-on participation course**

by

**Dr. MARTIN B. EPSTEIN**

Organized by



# Greece International Course

## General informations

This course is designed for the general practitioner interested in integrating basic tooth movement principles into their daily practice. Participants will be provided with an overview and practical knowledge of all facets of tooth movement with both fixed and removable appliances. Understanding and basic training in the diagnosis and treatment planning of malocclusions will be stressed. Management for these patients will include the information and training necessary to be able to efficiently use a wide variety of modern state-of-the-art appliances. Proper recognition and management of problems in the developing dentition will be detailed.

Attendance in all sessions is mandatory in fulfilling the requirements for this program. Specific requirements include:

### Attendance :

Four (4) sessions of four days (Thursday-Sunday) at Merimna Institute, Athens, Greece and 1 (one) session(Tuesday-Friday) at New York University-College of Dentistry, New York. Participants has to complete the program in five separate sessions divided over a two-year period.

### Written Reports:

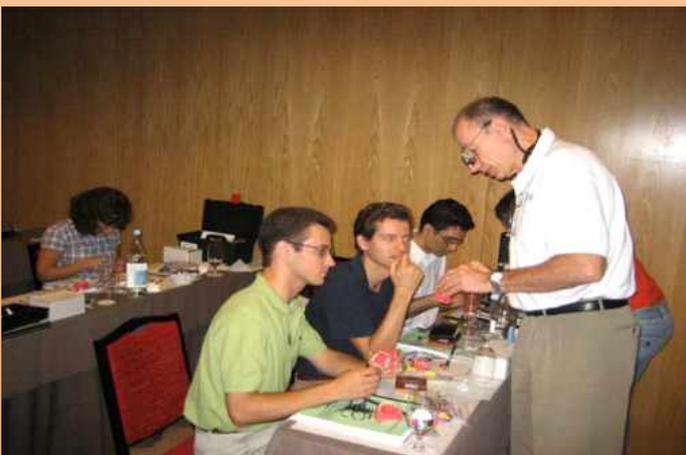
Participants must complete a written report on a topic to be determined by New York University College of Dentistry. Written reports must be typed. Recommended report length is 15-25 pages. A list of scientific references should be included. The written report may be in English or another language if the participant is not able to communicate in English. However, if English is not the language selected, a one-page summary in English must be included.

### Case Presentations:

During the final session, participants are required to document and formally present two (2) clinical cases performed and completed in their private practices.

### Program Completion:

Upon successful completion of all program requirements, a certificate of achievement will be awarded by NYU Linhart Continuing Dental Education Program. **Please note this certificate program is not applicable to any formal degree program but is an acknowledgement of the participants' commitment to professional growth and development.** The final decision for fulfilling the requirements is the responsibility of the Assistant Dean for Continuing Education.



## Greece International Course

### General informations

**Program Fees: 12.000 €**

**Includes:** Introductory course material Kit  
Handouts of the program  
Coffee breaks & Lunches

**Program Dates:** Session **#1**: December 4-7, 2014, Athens Greece  
Session **#2**: April 30-May 3, 2015, Athens Greece  
Session **#3**: December 3-6, 2015, Athens Greece  
Session **#4**: May 5-8, 2016, Athens Greece  
Session **#5**: January, 2017, NYC, USA

**Language:** The official language of the Course is **English**

### Program Locations:

#### Greece

**Merimna Institute**  
272 A, Vouliagmenis Ave.  
17343, Agios Dimitrios,  
Athens



#### USA

**New York University College of Dentistry**  
Linhart Continuing Dental Education Program  
345 East 24th Street, New York, NY 10010

**For further information, contact: GREECE**

**Merimna Institute**

**Dr. Nakas Nikolaos**

NYU Greece Program Leader

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## The trainer



### Dr. Martin B. Epstein

- Former Clinical Associate Professor, Department of Orthodontics Post-Graduate Division, New York University College of Dentistry
- Diplomate of the American Board of Orthodontics
- Teacher of the Year Award – NYU College of Dentistry, Postgraduate Orthodontics
- Presented courses and seminars extensively in Europe, Asia and South America
- Written numerous articles in American and International Orthodontic publications
- American Dental Association Certificate of Recognition – *for volunteer service in a foreign country*
- Manuscript Review Committee: American Journal of Orthodontics and Dentofacial Orthopedics
- Private practice of Orthodontics for 30 years

## Greece International Course

### A hands-on participation course

This course is designed for the general practitioner interested in integrating basic tooth movement principles into their daily practice. Participants will be provided with an overview and practical knowledge of all facets of tooth movement with both fixed and removable appliances. Understanding and basic training in the diagnosis and treatment planning of malocclusions will be stressed.

Management for these patients will include the information and training necessary to be able to efficiently use a wide variety of modern state-of-the-art appliances. Proper recognition and management of problems in the developing dentition will be detailed.

### Issues covered will include:

- Biology of tooth movement
- Diagnosis and clinical evaluation
- Cephalometrics
- Facial esthetics
- Differential treatment planning



The scope of the course will include intensive hands-on participation with **state-of-the-art typodonts that simulate actual tooth movement** with a series of interactive models to follow all of the steps to correct a full malocclusion. Flexible models with special shape memory material, removable teeth and the exact brackets and molar bands used in the technique.

**Topics included will emphasize:**

- Early treatment for the younger patient
- Extraction and non-extraction treatment
- Adult treatment methodology using fixed appliances and the clear removable Invisalign system
- Diagnosis and treatment planning for implants
- Management of Class II and Class III patients
- Finishing treatment protocol and retention

Participants will learn precision bracket placement techniques and molar banding, archwire selection and fabrication. Contemporary mechanics using light continuous force systems will be discussed in detail. The use of the newer temperature activated shape memory archwires will be explored. **All of the instruments and materials necessary to carry out treatment will be included in the course kit.**

Upon completion of the sequence, the general practitioner will have developed the skills necessary to recognize and successfully treat a wide variety of tooth movement situations in a predictable and efficient manner. This will be accomplished by the integration of actual cases from the participant's own offices. Over the series you will be encouraged to bring diagnostic records of your own patient's to the course. We will treatment plan and design the appliances necessary to carry out successful and efficient protocols for these patients.



# Session #1

ATHENS,  
Merimna Institute

December 4-7, 2014

## INTRODUCTION

Introduction and course overview

What is a malocclusion: classification systems, normal patterns, types of Class II & Class III patterns

## ARMAMENTARIUM

**COURSE KITS:** complete selection of instruments, brackets, archwires and auxiliaries needed for the entire course

**TYPODONTS:** state-of-the-art typodonts that simulate actual tooth movement with a series of models to follow all of the steps to correct a full malocclusion. Flexible models with special memory like material, removable teeth and the exact brackets and molar bands used in the technique.

## BANDING, BONDING & BRACKET PLACEMENT

**Hands-on typodont sessions:** actual bonding of brackets, use of measuring gauges

Banding and bonding of brackets and other attachments with theory and methodology

Separation and molar banding techniques

## ARCHWIRES & LIGATION

Archwires-properties, types of archwires and clinical applications

Ligation of brackets on typodonts, discussion of methods and techniques

**Hands-on typodont sessions:** basics of wire bending, initial archwire placement, loop and circle designs, lacebacks, center & off-center bends

## DIAGNOSIS

Introduction to diagnosis: establishing a comprehensive database, evaluation of facial esthetics

Comprehensive database: the key to diagnosis

Clinical evaluation: how to perform a complete clinical examination

Diagnostic records a step-wise approach to cataloging the database [use of exam form]

Differential diagnosis: evaluation of skeletal and dental relationships

Facial analysis: integration into database

**Hands-on sessions:** performing a thorough clinical examination and recording of findings

## DIFFERENTIAL SLOT SIZE TECHNIQUE [DSS]

Introduction to the treatment philosophy [Part I]

Evolution of bracket design and bracket features

**Selection of suitable cases for initial treatment:** participants will select patients to treat and follow through the course. Guidelines discussed to evaluate ideal cases from your own office and document each step of treatment. Cases are diagnosed, treatment planned and followed through all stages.

Doctors have the benefit of treating actual cases and presenting progress documentation to the group at each session.

## COURSE PARTICIPANTS CLINICAL CASES [EACH SESSION OF COURSE]

Presentation of student's individual cases

Diagnosis and treatment planning of student's own cases

Discussion and evaluation of progress cases

# Session #2

ATHENS,  
Merimna Institute

April 30-May 3, 2015

## CEPHALOMETRICS

Introduction to cephalometrics and coordination with treatment planning  
 Basics of digitizing and tracing with state-of-the-art computer based programs.  
 Cephalometric landmarks: how to identify, understand and use the landmarks,  
 Cephalometric analysis: how to integrate with diagnosis  
 Cephalometric superimposition: technique to study growth and treatment results  
 Cephalometric typical patterns: understanding usual and customary skeletal patterns

## BIOLOGY OF TOOTH MOVEMENT

Theory of tooth movement: types of tooth movement, tooth movement variables

## DIFFERENTIAL SLOT SIZE TECHNIQUE [DSS]

Treatment philosophy of the technique [Part II]  
 Stages of treatment: divided into 7 specific treatment goals

## ANCHORAGE

Principles of action and reaction, biomechanics of forces, couples, moments  
 Anchorage appliance theory and design, anchorage loss and solutions

## TREATMENT PLANNING

Introduction to the basic tools of understanding  
 Growth modification: techniques and rationale used for skeletal changes  
 Dental camouflage: techniques and rationale of dental versus skeletal changes  
 Extraction patterns: analysis of dental arch length and treatment options for deficiencies  
 Surgery: consideration for treatment [introduction]  
 Putting it all together: integration of principles of diagnosis and treatment planning

## SPACE MANAGEMENT

Canine retraction: principles, rationale and techniques  
 Anterior retraction: principles, rationale and techniques  
**Hands-on typodont sessions:** practical application of retraction techniques, helical loops

## COURSE PARTICIPANTS CLINICAL CASES [EACH SESSION OF COURSE]

Presentation of student's individual cases  
 Diagnosis and treatment planning of student's own cases  
 Discussion and evaluation of progress case

**Deep bite**  
Treatment



**Open bite**  
Treatment



**EARLY TREATMENT [INTERCEPTIVE]**

Diagnosis and treatment planning of patients in the mixed dentition  
 Removable appliances to treat anterior crossbites, habit treatment with removable and fixed appliances  
 Functional crossbites and mandibular deviations  
 Class III treatment with protraction headgear and expansion [Part I]  
 Class II treatment with mandibular propulsion appliances [Part I]  
 Treatment for injuries and avulsed teeth  
 Extraction decisions in the mixed dentition  
 Space maintenance and space regaining for early loss of teeth  
**Hands-on tyodont sessions:** use of 2 by 4 mechanics, stopped arches, advancement arches, tip-back bends, toe-in bends

**PALATAL EXPANSION [TREATING THE TRANSVERSE DIMENSION]**

Theory and application of expansion of the maxillary arch  
 Banded types of expanders: design and usage of various styles  
 Bonded types of expanders: design and usage of various styles  
 Other types of expanders: designs that do not open the suture

**DIFFERENTIAL SLOT SIZE TECHNIQUE [DSS]**

Introduction to the treatment philosophy [Part III]  
 Stages of treatment: divided into 7 specific treatment goals  
 Preparation phase of treatment and selection of anchorage appliances  
 Leveling and aligning phase: archwire selection and strategy  
 Class I and midline attainment principles  
 Vertical and transverse considerations

**SPACE MANAGEMENT**

Posterior protraction: principles, rationale and techniques  
**Hands-on tyodont sessions:** practical application of protraction techniques

**DIAGNOSIS & TREATMENT PLANNING**

Integration to actual cases with differential treatment planning  
**Diagnostic exam session:** case material presented from actual completed patients records and reviewed by course participants for their diagnosis and treatment plans.  
 Use of specific diagnostic forms to establish the comprehensive database

**COURSE PARTICIPANTS CLINICAL CASES [EACH SESSION OF COURSE]**

Presentation of student's individual cases  
 Diagnosis and treatment planning of student's own cases  
 Discussion and evaluation of progress case



# Session #4

ATHENS,  
Merimna Institute

May 5-8, 2016

## NON-EXTRACTION TREATMENT

Guidelines for the selection of a non-extraction treatment plan  
 Diagnosis and treatment planning for maxillary molar distalization  
 Non-extraction faces: principles for diagnostics in non-extraction facial esthetics

## INTERPROXIMAL ENAMEL REDUCTION

Theory and application of enamel reduction  
 Techniques and methodology of enamel reduction with posterior teeth  
 Treatment details: case studies of various situations requiring additional space management  
 Anterior tooth reduction techniques and treatment

## CLASS II MALOCCLUSIONS: DIAGNOSIS & TREATMENT PLANNING

Diagnosis and treatment planning of the six typical Class II patterns  
 Treatment of severe cases in the mixed dentition with mandibular advancement appliances  
 Diagnosis and treatment of mandibular based problems  
 Diagnosis and treatment of maxillary based problems

## CANINES: DIAGNOSIS & TREATMENT OF IMPACTED TEETH

Treatment planning for the compromised positioned canines  
 Diagnosis of canine positions in the developing dentition  
 Canine exposure: planning and methods of surgical uncovering of impactions  
 Cone beam technology for diagnosis and the use of diode lasers for soft tissue impactions  
 Treatment details of cases with various methods of bringing impacted canines into the arch  
**Hands-on tyodont sessions:** use of step-down arches with circles, NiTi coil techniques, piggy-backs

## ADVANCED DIAGNOSIS & TREATMENT PLANNING [Part 1]

Integration to actual cases with differential treatment planning for the more complex cases  
**Diagnostic exam session:** case material presented from actual completed patients records and review by course participants for their diagnosis and treatment plans.  
 Use of specific diagnostic forms to establish the comprehensive database

## ADULT & INTERDISCIPLINARY TREATMENT [Part I]

Periodontal and osseous considerations in adult treatment  
 Treatment for adult requiring implants and prosthetics  
 Adjunctive treatment planning for prosthetics  
 Molar uprighting techniques  
 TMJ diagnosis and treatment planning considerations

## INVISALIGN TREATMENT [Part I]

Treatment planning for adults and adolescents with clear removable appliances  
 Use of interproximal enamel reduction to gain space to align teeth  
 Impression taking techniques and the ideal bite registration method  
 Advanced treatment planning of extraction cases with Invisalign  
 How to do an effective and predictable Clincheck  
 Theory, design and preparation of attachments

## CLASS III MALOCCLUSIONS: DIAGNOSIS & TREATMENT PLANNING

Interceptive treatment in the mixed dentition with protraction facemask therapy  
 Facemask modifications and integration of palatal expansion  
 Removable appliances for early treatment  
 Camouflage treatment without surgery in the adolescent and adult patient  
 Diagnosis and treatment planning for the surgical correction of severe skeletal patients  
**Hands-on tyodont sessions:** use of various advancement arches, pre-surgical arches

## COURSE PARTICIPANTS CLINICAL CASES [EACH SESSION OF COURSE]

Presentation of student's individual cases  
 Diagnosis and treatment planning of student's own cases  
 Discussion and evaluation of progress cases

# Session #5

NEW YORK,  
New York University

January, 2017

## ADULT & INTERDISCIPLINARY TREATMENT [Part 2]

Periodontal and osseous considerations in adult treatment  
Treatment for adult requiring implants and prosthetics  
Adjunctive treatment planning for prosthetics  
Molar uprighting techniques  
TMJ diagnosis and treatment planning considerations

## INVISALIGN TREATMENT [Part 2]

Treatment planning for adults and adolescents with clear removable appliances  
Use of interproximal enamel reduction to gain space to align teeth  
Impression taking techniques and the ideal bite registration method  
Advanced treatment planning of extraction cases with Invisalign  
How to do an effective and predictable Clincheck  
Theory, design and preparation of attachments

## THE VERTICAL DIMENSION

Treatment of open bite malocclusions  
Treatment of deep bite malocclusions and the use of bite turbos with Hands-on typodont sessions

## OCCLUSION

Principles of occlusal analysis, six keys to establishing ideal occlusion

## ADVANCED DIAGNOSIS & TREATMENT PLANNING [Part 2]

Integration to actual cases with differential treatment planning for the more complex cases  
**Diagnostic exam session:** case material presented from actual completed patients records and review by course participants for their diagnosis and treatment plans.  
Use of specific diagnostic forms to establish the comprehensive database

## LINGUAL TREATMENT

Theory and appliance design of fixed lingual appliances  
Treatment planning for lingual appliances, archwire design and fabrication for lingual treatment

## IMPLANTS USED IN TREATMENT

Theory and management of implants in diagnosis and treatment planning decisions  
Micro and mini implants for effective treatment

## FINISHING TREATMENT PROTOCOL

Pre-finishing checklist for the identification and management of the final stages of treatment  
Diagnostics of finishing and how to observe the dentition in the proper manner  
Finishing archwire selection and application  
Final posterior alignment and use of second molar attachments  
**Hands-on typodont sessions:** use of canine offset bends, artistic bends, swinging gates, piggy-back arches, torque application

## ESTHETIC RECONTOURING

Techniques for recontouring of incisal edges for worn and abraded teeth  
Treatment details of cases requiring recontouring

## RETENTION PROTOCOL

Theory and management of the retention phase of completed treatment  
Removable retainers: design and usage  
Spring aligners for final tooth correction and relapse cases  
Bonded retainers: design and applications; polyethelene ribbon type retainers

## THE FINANCIAL SIDE OF TREATMENT

Discussion of fees and financial matters to make treatment profitable and cost effective

Special travel packages for delegates from abroad



Acropolis



Mykonos



Acropolis Museum



Santorini



Zakynthos



Cape Sounio