



# TTC

## TOTALLY COMPOSITE

FRESHDENTAL  
INSTITUTE

DUBAI LONDON IBIZA EDINBURGH MANCHESTER ABU-DHABI BAHRAIN MANILLA BANGKOK LOS ANGELES GLASGOW NEW YORK SYDNEY





# TOTALLY COMPOSITE

## ANTERIOR & POSTERIOR COMPOSITE MASTERCLASS

This is the starting point for our Composite programmes. Our intensive two day composite course has now been delivered over 150 times across 14 countries and trained over 3000 clinicians worldwide. It is designed to give the knowledge, confidence and skills to create beautiful and functional direct anterior & posterior composites. Designed for dentists and therapists of all levels and free from commercial bias using several materials from multiple companies. Teaching real world techniques refined from years of general practice but retaining a solid evidence base. The course includes theory and significant practicals covering both the clinical and non clinical skills to succeed.







DR MONIK VASANT

B c h D M F G D P ( U K ) M S c

Our programme is led by Dr Monik Vasant. He is a highly experienced general practitioner with a special interest in minimally invasive aesthetic dentistry. He has worked in both NHS and private settings for the past 18 years as both an associate and a practice owner. He has a postgraduate Masters degree in Aesthetic & Restorative dentistry and is a member of the Royal College of Surgeons Faculty of General Dental Practitioners. He is a visiting lecturer at the University of Geneva - teaching on the Masters programme in Micro-invasive Aesthetic Dentistry. He regularly lectures globally on many aspects of minimally invasive aesthetic dentistry.

In addition he is assisted by a team of talented clinicians who have completed all our our courses (the Totally Composite, the Totally Composite Maestro & the Totally Aesthetics courses) and in most cases also worked alongside him in his clinics.



# COURSE CONTENT

- Unbiased appraisal of current materials
- Shading systems
- The natural layering concept
- Material selection
- Shade selection
- Anterior and posterior 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
- Guided composite techniques
- Diastema
- Lab communication
- Finishing and polishing
- Ideal contact point creation
- Sectional matrix overview and use
- Direct posterior restorations
- Posterior layering strategies
- The use of bulk fills
- Using stains, tints and effects
- Management of composite failures
- Treatment planning
- Patient communication
- Fee setting
- Practicals will include - isolation, layered Class IV incisor, direct veneer, diastema, finishing, Class II molar



TOTALLY COMPOSITE



**"The best composite course I've been on to date and I've done them all. Whether you have been qualified 20+ years like myself or newly qualified, it provides the perfect mix of science, real world application and tips to transform dentistry in your practice."**

Dr Justin Glaister, UK

**"One of the nicest and most down to earth presenters I have ever seen. It was a perfect course, enough content and a lot of things to take home and implement immediately. I was really surprised with how much I learnt. It was really fun and I recommend it to all dentists young and old."**

Dr Evert Burger, South Africa

**"I think anyone working in our profession would benefit from Monik's knowledge and experience and couldn't help but be inspired by his presenting style."**

Dr Micheal Maguire, Ireland

**"Excellent balance of theory and hands-on and a completely unbiased critique on systems and materials."**

Dr Dan O'Connor, UK

**"This course should be compulsory for all dentists!"**

Dr Virinder S Nazran, UK

**"The best course I've been on. The tips and tricks alone are enough to transform your dentistry. Amazing practical aspect. Aimed perfectly at the GDP"**

Dr Mani Reehal

**"I came across Monik's work on social media and it was so amazing that I came all the way from Hawaii to figure out just what he was doing. The protocols and techniques he taught were amazing and will change my composite game for good."**

Dr Jonathan Thomas, Hawaii



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

Dr Stephen Hudson, UK

**"An exceptional course- do not miss this. It should be mandatory post-grad training! Monik is completely passionate about his subject and is a kind and sympathetic teacher. I feel empowered to start the aesthetics journey."**

Dr Rosanna Busuttil, UK

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

Dr Magdalena Rybak, UK

**"This course has completely changed the benchmark of the dentistry I aspire to be able to practice. It was enlightening and his expertise of composites cannot be overstated."**

Dr Navin Sivanandam, UK

**"I judge the quality of a course by the amount of applicable tips I gain that I can apply. Totally composite has by far exceeded my expectations- I have never gained so much from a course and it will change my daily practice. I would highly recommend it, no matter what your level of experience. Monik is a world class speaker - very engaging with incredible knowledge."**

Dr Amy Harper, UK

**"Monik's work seemed magical and impossible however in 2 days he showed that we too can achieve that magic."**

Dr Simrun Seyal, UK

**"It's really special to have someone as gifted and experienced share his tips, tricks and expertise. It was awesome. Essential for any dentist. One of the best educations out there. Seriously....sign up now! You'll be amazed what you achieve".**

Dr Laura O'Sullivan, Ireland





## TOTALLY COMPOSITE ANTERIOR MAESTRO COURSE

These one day courses are follow up programmes to the totally composite course, focusing on advanced composite work. They are intended to reinforce previous skills and build upon them to take the delegates composite work to the next level. Both programmes are predominantly practical in nature. The anterior course has a large focus on multiple unit smile makeovers with composite veneers. The posterior day has a focus on advanced, large and multiple unit posterior composite restorations.



## TOTALLY COMPOSITE POSTERIOR MAESTRO COURSE







# TOTALLY COMPOSITE ANTERIOR MAESTRO COURSE

- Overview of the latest anterior materials their use
- Detailed anterior morphology
- Smile design overview
- Direct composite veneers
- Shade masking & hypoplasia
- Single layer veneers
- Multilayer veneers
- Freehand vs guided
- Smile makeovers including full smile frame practical
- Over 7 hours practical (two day course)







# TOTALLY COMPOSITE POSTERIOR MAESTRO COURSE


- Overview of the latest posterior materials and their use
- Detailed posterior morphology
- Advanced posterior isolation
- Margin elevation techniques
- Managing posterior wear with composite
- Freehand build ups
- Laboratory communication
- Partial moulding techniques
- Fully guided posterior rehabilitation techniques
- Replacing missing cusps
- Finishing posteriors
- Refresher of all posterior aspects covered on TC
- Over 7 hours practical (one day course)



MV  
DR MONIK VASANT  
BChD MFGDP (UK) MSc







**“Following totally composite my skills to address anterior teeth increased immensely. However, I became aware of a demand for even better results. There would be only a few ways to address this; practice, but practice with direction. I knew I needed time to intensely practice anterior work to understand the finer details and improve speed and repeatability. Maestro enabled all of this, an intense day course with no nonsense feedback to really push you forward as a clinician. By the end of the day I understood more, improved speed and results. There is always more to learn but maestro makes a leap in correct direction.”**

**Dr Richard Ellingham, UK**

**“The maestro course takes anterior composites to a whole new level. Monik will change your approach and improve your hand skills within a few hours. The knowledge and skill is amazing. One of the best courses I’ve done!”**

**Dr Sarju Tank, UK**

**“The maestro course is great for anyone who wants to build on what they learnt on the Totally Composite course, and refine their composites to achieve even more. A really useful hands on day which has helped me build my confidence immensely.”**

**Dr Farah Rajabali, UK**

**“The maestro brings together everything from Totally Composite and more. The course is predominantly hands on which means you get you really iron out things you may have been struggling with in practice on a daily basis! Great course!”**

**Dr Bijal Sisodia-Shah, UK**

**“This course is essential for anyone who has completed totally composite and looking for the next step. The advanced theory and practical work will take your composite work to a whole new level. The best course yet.”**

**Dr George Hopkin, UK**

**“Having completed the totally composite course back in 2017 I found the maestro a great refresher which helped me overcome technical problems I had. Monik is always coming up with new techniques so it is a great to stay up to date with these, learn about current materials that work and ultimately give a better clinical outcome. High recommend the course!”**

**Dr Rachel Liu, UK**





@drmonik @freshdental\_institute

BOOK NOW  
[WWW.MONIKVASANT.CO.UK](http://WWW.MONIKVASANT.CO.UK)  
[training@freshdental.co.uk](mailto:training@freshdental.co.uk)

FRESHDENTAL  
INSTITUTE

DUBAI LONDON IBIZA EDINBURGH MANCHESTER ABU-DHABI BAHRAIN MANILLA BANGKOK LOS ANGELES GLASGOW NEW YORK SYDNEY