



Advanced Course
VERTICAL FREEDOM

B.O.P.T concept

Biologically Oriented Preparation Technique

2025 - Dubai



Dr. Stefano Conti

April 18-19



Registration:

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What is V.F / B.O.P.T concept?

BOPT in dentistry stands for "**Biologically Oriented Preparation Technique.**" It is a method for preparing teeth for restorations, particularly in the context of crowns and fixed prosthodontics, that emphasizes the preservation of tooth structure, the enhancement of biological compatibility, and the improvement of aesthetic and functional outcomes.

Key Principles of B.O.P.T concept:

1. **Minimal Tooth Reduction:** B.O.P.T aims to conserve the maximum amount of healthy tooth structure while still achieving the necessary shape and contours for effective retention and support of the restoration.
2. **Biological Considerations:** The technique takes into account the biological factors that impact tooth health, including the position of the margin, the preservation of the periodontal attachment, and the prevention of microleakage and secondary caries.
3. **Aesthetic Outcomes:** B.O.P.T often involves creating preparations that facilitate better aesthetic results, especially in visible areas such as anterior teeth.
4. **Custom Contours:** The technique often uses custom contour abutment shapes to guide the final gingival margin, ensuring an optimal emergence profile that mimics the natural anatomy of the tooth and provides proper emergence in relation to the gingiva.
5. **Functional Considerations:** B.O.P.T also considers occlusion and functional aspects, ensuring that the prepared tooth and final restoration will withstand masticatory forces effectively.

Overall, the B.O.P.T technique is part of a trend in dentistry towards more conservative approaches, focusing on the health and longevity of the remaining tooth structure while still providing high-quality restorative solutions.



Theoretical

Demonstrative

Practical



Abstract:

The rapidly evolving field of restorative dentistry necessitates a comprehensive understanding of contemporary techniques that prioritize both functional and aesthetic outcomes while preserving tooth structure.

The Biologically Oriented Preparation Technique (B.O.P.T) represents a paradigm shift in tooth preparation methodologies, emphasizing a conservation-minded approach that aligns with the principles of minimally invasive dentistry.

This training course is designed for dental professionals seeking to enhance their knowledge and skills in B.O.P.T. Participants will engage in a mix of didactic lectures and hands-on workshops that cover the fundamentals and advanced applications of B.O.P.T in clinical practice. Key topics will include the biological principles underpinning tooth preparation, techniques for minimally invasive reduction, and strategies for achieving optimal aesthetic outcomes in both anterior and posterior restorations.

Through live demonstrations and practical exercises, attendees will gain firsthand experience in the nuances of preparing teeth using BOPT principles, ensuring a thorough understanding of the process and its clinical applications. Lectures by leading experts will provide insights into the latest research and advancements related to B.O.P.T, as well as case studies that illustrate its efficacy in various restorative scenarios.

By the end of this training course, participants will be equipped with the knowledge and confidence to implement B.O.P.T techniques in their practices, resulting in improved patient outcomes, enhanced aesthetic appeal, and increased patient satisfaction. This course will not only foster a deeper understanding of biologically oriented preparation but also inspire a commitment to maintain the highest standards of dental care and patient-centric practice.





Foreword to delegates:

It is with great enthusiasm that I welcome you to the first course of Biologically Oriented Preparation Technique (B.O.P.T) training course in Iran. This advanced course will bring a wealth of experience and a passion for minimally invasive techniques that have greatly influenced contemporary practices in the dental field.

In an era where the preservation of natural tooth structure is paramount, B.O.P.T represents a significant advancement in restorative methods. I will guide you through this innovative approach, highlighting how B.O.P.T not only enhances the aesthetic outcomes of restorations but also prioritizes the long-term health of the tooth and surrounding tissues. My deep experience of the biological principles that underpin B.O.P.T will empower you to make informed decisions that prioritize patient welfare while achieving functional restorative solutions.

Throughout this course, you will benefit from my long expertise through engaging lectures, interactive discussions, and practical workshops. I am dedicated to fostering an environment that encourages questions and collaboration, ensuring that all participants leave with a comprehensive understanding of B.O.P.T and its applications.

By embracing B.O.P.T, you are taking a crucial step toward transforming your restorative practice. Throughout this course, you will not only master the technical aspects of tooth preparation but also develop a holistic perspective on the impact of your clinical decisions on patient outcomes.

I am confident that this training will inspire you to integrate B.O.P.T into your practice, elevate your skills, and ultimately enhance the quality of care you provide to your patients.

Target audiences who will benefit from this course are as follows:

- 1- Prosthodontists
- 2- Periodontists
- 3- General Practitioners
- 4- Dental Technicians

Welcome to this transformative journey in restorative dentistry.

Sincerely,

Dr. Stefano Conti



Key Learning Objectives for the B.O.P.T concept Course

1. **Understanding B.O.P.T Principles:** Participants will gain a comprehensive understanding of the Biologically Oriented Preparation Technique (B.O.P.T) principles, including its emphasis on minimally invasive dentistry and the preservation of natural tooth structure.
2. **Clinical Application of B.O.P.T:** Attendees will learn how to effectively apply BOPT in various clinical scenarios, including the preparation of anterior and posterior teeth for restorative procedures.
3. **Assessment of Tooth Structure:** Participants will develop skills to assess tooth structure and identify appropriate indications for employing B.O.P.T, ensuring optimal treatment decisions for diverse patient needs.
4. **Preparation Techniques:** Through hands-on workshops, attendees will acquire practical skills in B.O.P.T preparation techniques, including how to use specific instruments and achieve the desired tooth contours for crowns and veneers.
5. **Aesthetic Considerations:** Participants will learn to balance biological considerations with aesthetic outcomes, equipping them to create restorations that meet both functional and aesthetic expectations.
6. **Advanced Techniques and Materials:** An overview of the latest advancements in restorative materials and technologies that complement B.O.P.T will be provided, enabling attendees to stay up-to-date with contemporary practices.
7. **Patient Communication and Informed Consent:** Participants will explore effective communication strategies to educate patients about the benefits and processes involved in BOPT, ensuring informed consent and increased patient satisfaction.

Take-Home Message:

B.O.P.T offers a transformative approach to restorative dentistry by prioritizing the preservation of tooth structure while achieving outstanding aesthetic and functional outcomes. By integrating B.O.P.T into your practice, you are not only enhancing the quality of your restorations but also fostering a more patient-centered approach that emphasizes long-term dental health. As you leave this course, remember that the success of your restorative procedures relies not only on technique but also on the vital connection between informed patient choices and biologically respectful dentistry. Embrace B.O.P.T as a pathway to elevating your restorative practice, enriching patient care, and contributing to the future of dentistry.



Analogical Lab Work Flow





Day 1

Theoretical

08:30 – 09:00

Registration

09:00 – 10:30

A: Vertical Freedom Concept Philosophy

- VF concept:
- Vertical vs Horizontal tooth preparation
- Vertical preparation of the tooth

10:30 – 11:00

Coffee Break

11:00 – 12:30

B: New emergence profile

- New PCEJ
- Emergence profile and prosthetic contours
- Adaptation profile and soft tissue response

C: HSS Horizontal Supracrestal Space

- Prosthetic approach and new Biological Width
- Gingival margin and harmony retrieval
- Crown margin and periodontal response
- Intrasulcular mapping
- Tooth preparation
- Provisional relining (step by step)
- Cementation
- Tooth preparation
- Provisional relining (step by step)
- Cementation

12:30 – 13:30

Lunch Break

13:30 – 15:00

D: Minimally invasive adhesive dentistry

- Minimal Vertical Prep -No Prep
- Additive Veneers and New pCEJ
- Think Thin Casting Technique

15:00 – 15:30

Short Coffee Break

15:30 – 17:00

E: Workflow

- DSD
- Mock-up
- Lab Procedures
- Try-in
- Cementation

17:00 – 18:00

Live Surgery

18:00

Q & A



Day 2

Demonstrative Practical

All the steps will be performed Vertical freedom Concept (B.O.P.T) will be presented by Dr. Stefano Conti

09:00 – 10:30

A: (Hands-on Demonstration)

- VF concept Summary

B: Demonstration (Tooth prep and temporary crown relining)

- Tooth prep
- Controlled invasion of sulcus and Horizontal Supracrestal Space
- Provisional relining (step by step Lab procedures)
- New PCEJ
- Emergence profile and prosthetic contours
- Adaptation profile and soft tissue response

10:30 – 11:00

Coffee Break

11:00 – 12:30

C: (Hands-on by participants Part I) All the participants will perform VF on model

- Tooth prep
- Controlled invasion of sulcus and Horizontal Supracrestal Space

12:30 – 13:30

Lunch Break

13:30 – 15:00

D: (Hands-on by participants Part II)

- Provisional relining (Lab procedures)
- New PCEJ

15:00 – 15:30

Coffee Break

15:30 – 17:30

E: (Hands-on by participants Part III)

- Emergence profile and prosthetic contours
- Adaptation profile and soft tissue response

17:30 – 18:00

Q & A

18:00

Certificate Award and Closing Ceremony



Hands on

Tooth Prep - Tips and Tricks
Temporary crown relining (step by step)



Practical