2D Lingual – Simplified
indirect bonding technique

Speaker: Dr. Aleksandra Podoleshova
November 29th–30th, 2019
Radisson Blu Resort, St Julian’s, Malta
Dr. Aleksandra Podoleshova
2D Lingual – Simplified indirect bonding technique

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The speaker

Dr. Aleksandra Podoleshova was working at the Department of orthodontics, PHO University Dental Clinical Centre-St Pantelejmon, Skopje, R Macedonia. She works together with her husband Dr. Nikola Podoleshov in a private practice Biser-Dent fully oriented in esthetic orthodontics and restorative dentistry.

Attended a specialized Secondary medical school of the city of Skopje Dr.Panche Karagjozov. Dr. Aleksandra Podoleshova received her dental training at the University Ss. Cyril and Methodius Skopje, R. Macedonia in 2001.

Practicing lingual orthodontics since 2009 as her main clinical interest. Interdisciplinary orthodontic treatment, labial and occlusal veneers with primary concentrations in dental occlusion, the temporomandibular joints and comprehensive esthetic restorative dentistry according to the Dawson Academy principles.

2002-2011

She was working at the Department of Orthodontics at PHO St Pantelejmon, Skopje, Macedonia where she received Specialty and Master of Science in Orthodontics in 2009. During her work she attended courses, symposia and congresses actively and passively.
The 2D lingual brackets are ideally suited for clinicians who would like to start with lingual orthodontics. They are extremely flat thus they are hardly noticeable for the patient and the ability to speak is not affected. The brackets are bonded close to the center of resistance and therefore offer excellent biomechanics for tipping and rotating teeth. The 2D lingual system is a powerful tool that can build up your practice.

Course Objectives

This course is intended for small group of participants (max 10). The participants will work on their own patient models.

1. Will learn step by step indirect bonding method and can start immediate use on regular basis
2. Will be trained for incorporating 2D lingual system in their practice.

Course Programm (2 Days)

1. Lingual orthodontic esthetic solution (how lingual orthodontics can help build up your practice)
2. Presentation of the design of the 2D lingual system
3. Indirect bonding technique
   • Analysis of the model
   • Preparation of the models (impression, plaster, marking, isolation)
   • Positioning and bonding brackets on plaster models (bonding material, indirect vs direct bonding)
4. Wire bending
5. Making transfer trays
   (Light body silicon, transparent silicon, track A)
6. Biomechanics
7. Case presentations
8. Progressive interproximal stripping
9. Retention
10. Live patient indirect bonding (optional)
11. Tips and tricks

Materials that every participant should bring

1. Real patient model from one jaw (advisable minor crowding or spacing) casted with 4th grade plaster without base (U shaped because of the thermofoiling Participants can bring separately studio models for analyzing.
2. Pencil
3. Flexible transparent ruler
4. Mini cutter
5. Distal end cutter
6. Needle holder-Mathieu (thinner)
7. Weingart plier
8. Aderer pliers for bending small wires up to .016
9. Lighter

Day 1

8.30 – 9.00: Welcome coffee and registration
09.00-11.00h Lecture 2 hours 2D lingual system introduction Break
11.00 – 11.15: Coffee break
11.15-13.30h Lecture 45 min, then working (marking on the models with pencil and measuring with any kind of small (transparent) ruler.
13.30.-14.30 Lunch
14.30-17.00 Making transfer trays

Day 2

8.30 – 9.00: Welcome coffee
9.00-10.30h Cutting the prepared models with Technical Micromotor and cutter for foil and then sandblasting with Aluminium Oxide up to 100 microns for the brackets. At the end participants should get transfer trays.
10.30 – 11.00: Coffee break
11.00-13.30h Lecture
13.30-14.30h Lunch
14.30-17.00h Lecture
Dr. Aleksandra Podoleshova
2D Lingual – Simplified indirect bonding technique

Radisson Blu Resort, St Julian’s, Malta, November 29th-30th, 2019

Location: Radisson Blu Resort, St Julian’s, Malta (Reading Room)
Price: 390 Euro
Dates: November 29th-30th, 2019
Time: 08:30 am – 17:00 pm
For whom: Orthodontists

Contact Person: Etienne Barthet
Tel: (+356) 99497911
e-mail: info@bart.com.mt

Distributor: Bart Enterprises Ltd.
42A Main Street
Balzan BZN 1259
Malta

Kindly register for this course before the 31st July 2019.
## 2D Lingual System Brackets Starter Kit

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>707-1503</td>
<td><strong>Starter Kit 2D Lingual Brackets with and without T-hook</strong>&lt;br&gt;2D<code> Lingual Brackets – 5 cases&lt;br&gt;(60 with T-hook, 40 without T-hook)&lt;br&gt;1 Model 2D</code> Lingual Brackets upper + lower</td>
<td>€1130.00</td>
</tr>
<tr>
<td>707-1504</td>
<td><strong>Starter Kit 2D Lingual Brackets with T-hook</strong>&lt;br&gt;2D<code> Lingual Brackets – 5 cases with T-hook. (100 Brackets)&lt;br&gt;1 Model 2D</code> Lingual Brackets upper + lower</td>
<td>€1130.00</td>
</tr>
<tr>
<td>707-1505</td>
<td><strong>Starter Kit 2D Lingual Brackets mixed with large gingival hook</strong>&lt;br&gt;2D<code> Lingual Brackets – 5 cases&lt;br&gt;(40 x 760-1026 Medium Twin, 40 x 760-1126 Medium Twin, 10 x 760-1027 Large Twin, 10 x 760-1028 narrow Twin)&lt;br&gt;1 Model 2D</code> Lingual Brackets upper + lower</td>
<td>€1130.00</td>
</tr>
</tbody>
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### additional contents in every kit:
- 1 Special explorer with director
- 1 BioLingual archwire 0.010" - Shape 2
- 1 BioLingual archwire 0.010" - Shape 5
- 1 BioLingual archwire 0.012" - Shape 2
- 1 BioLingual archwire 0.012" - Shape 3
- 1 BioLingual archwire 0.012" - Shape 4
- 1 BioLingual archwire 0.012" - Shape 5
- 1 BioLingual archwire 0.016" - Shape 2
- 1 BioLingual archwire 0.016" - Shape 3
- 1 BioLingual archwire 0.016" - Shape 4
- 1 BioLingual archwire 0.016" - Shape 5

Patient brochures Lingual (appr. 25 pieces)<br>Template for BioLingual-archwires

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*We will offer a discount of €200.00 on the above kit if ordered by 15th of December of 2019.*