

Throughout my specialty training in Restorative Dentistry I have had an interest in periodontal surgery. Therefore an opportunity to travel to Bern and be educated by Professor Sculean at the Centre for Continuing Dental Education (CCDE) was a fantastic prospect.

The University Bern was founded in 1834 in the Swiss capital. The University does not have a single large campus but is known for refurbishing and utilising old historic buildings in the city. The CCDE adjoins the main hospital in Bern and provides postgraduate resident programmes and mater class courses. The unit is lead by Professor Sculean and Professor Buser, two eminent, international clinicians, researchers, and educators recognised worldwide in their respective fields of Periodontology and Oral Surgery.

Professor Sculean graduated in 1990 in Budapest, continuing his postgraduate education in a number of cities across Europe. In 2008 he was appointed Professor and Chairman of the department of Periodontology of the University of Bern. To date he has authored more than 180 publications in peer-reviewed journals, member of over 10 editorial boards including the Journal of Periodontal Research, and is president of the Swiss Society of Periodontology. His research and clinical interests are periodontal wound healing, regenerative therapy and periodontal plastic surgery.

The scientific programme was over three packed days describing contemporary surgical techniques, live surgery and hands on practical sessions. The first session of day one started with a charismatic introduction to the unit by Prof Sculean and his team to the 32 international participants coming from Candida, USA, Israel and Australia to name a few. The remained of the morning was a detailed journey through periodontal regenerative surgery by Prof Salvi, Bosshardt, and Sculean. Each lecture

was beautifully illustrated with histology sections, scientific evidence and clinical photographs. The second half of the day was entirely practical based to develop practice the techniques described earlier that morning. Each participant was spoilt with individual microsurgical



instruments, a fantastic clinical skills laboratory and tutored by Prof Sculean himself.

Day two continued on the theme of periodontal microsurgery with lectures from both Dr Aroca and Prof Sculean. This was followed by the first of 4 live surgery sessions. The operating room was on the main clinic and filled with cutting edge dental and filming equipment. The clinical team working to Prof Sculean's exact prescription were filmed by a camera crew from every angle. This was beamed live to our lecture theatre meaning all 32 participants could see in minute detail the regenerative surgery of two premolars in the upper right quadrant. In addition to the live video link there was a continuous dialogue between Prof Sculean and the lecture theatre. A hearty Swiss lunch followed the surgery in the main hospital canteen where we discussed and reflected on the surgery with each other and the operating team. The afternoon

focused on periodontal plastic surgery, we returned to the clinical skills lab to practice harvesting connective tissue grafts and coronally advanced flaps. The day concluded with live surgery by Dr Aroca mirroring the hands on component for a mandibular central incisor recession defect after orthodontic therapy.



Day three began with another live surgery, this time augmenting two adjacent recession defects of a mandibular canine and premolar with a subepithelial connective tissue graft. Prof Sculean went into great detail to describe his modified tunnelling technique and how best to achieve this with his microsurgical instruments. Prof Salvia and Dr Aroca then delivered lectures on surgical crown lengthening and peri implant soft tissue complication. Again beautifully illustrated with clinical cases from their individual research programmes. The course concluded with one more live surgery by Prof Sculean using a tunnelling technique to augment various depths of recession defects across all 6 mandibular incisors.

Briefly, as it was only briefly I got to see Bern after 10-hour days at the CCDE. It was a picturesque city full of historical architecture small luxury boutique shops and a wash with independent bars and eateries serving traditional dishes and locally brewed beer.

I would like to thank the Royal College of Physicians and Surgeons Glasgow for awarding me the TC White Fund to travel to this world renowned facility. I have grown both in knowledge and clinical skill through this magnificent experience and hope to bring these skills to the Restorative Department of Glasgow Dental Hospital to benefit our patient's care.

