

# CAD/CAM Workflow and 3D Printing in Dentistry

23-24 January, 2020 – Planmeca Digital Academy Training Center, Helsinki

Lecturers: Dr. Anni Mattila and Ms. Oona Ahlund (Planmeca CAD/CAM)

Mr. Aleksi Virta (Planmeca Creo C5 Product Specialist)

## Thursday, 23 January

- 8:30** Transfer from the hotel to the training center
- 9:00-9:30** Welcome words by NIDE and Teacher
- 9:30-10:45** CAD CAM Dentistry – Chairside system overview and basic scanning techniques
- 10:45-11:15** Introduction to Milling System  
Milling materials
- 11:15-12:30** Hands-on: Scanning, designing and milling of a single premolar crown with buccal bite
- 12:30-13:30** Lunch break
- 13:30-15:00** Hands-on: Scanning, designing and milling of a single molar crown
- 15:00-15:15** Coffee break
- 15:15-16:30** Hands-on: Scanning, designing and milling of a veneer, pre op and mirroring
- 16:30-17:00** Questions & Answers
- 17:00** Transfer from the training center to the hotel
- 18:00-20:00** Lappish dinner at restaurant Kultá

## Friday, 24 January

- 8:30** Transfer from the hotel to the training center
- 9:00-10:45** Introduction to 3D Printing  
Creo C5 Studio  
Preparing stl for printing
- 10:45-11:00** Coffee break
- 11:00-12:30** Test print  
Post-processing of prints
- 12:30-13:45** Lunch break and factory tour at Planmeca
- 13:45-15:15** Hands-on: 3D printed guide
- 15:15-15:30** Coffee break
- 15:30-16:30** Hands-on: 3D printed model
- 16:30-17:00** Questions & Answers  
Certification ceremony
- 17:00** Transfer to Helsinki city center

All times are local times in Finland. The training center is located about 10 kilometers from the hotel so please bring all the belongings that you might need during the day with you in the morning.

The time zone is Eastern European Winter Time GMT +2. Please try to be punctual with the times to avoid making the rest of the group wait.

## NIDE Team contacts

Elli Abdou, Training Coordinator  
elli.abdou@nordicdented.com, Mobile: +358 40 710 7834

Thomas Koponen, CEO  
thomas.koponen@nordicdented.com, Mobile: +358 40 626 7171

Hend Abdelkader, Academic Coordinator  
hend.abdelkader@nordicdented.com, Mobile: +358 466412752

## Key addresses in Helsinki

**Hotel: Lapland Hotels Boulevardi** (city center)  
Bulevardi 28, 00120 Helsinki  
Phone: +358 9 25251111

**Planmeca Digital Academy Training Center** (Eastern Helsinki)  
Asentajankatu 6, 00880 Helsinki

**Restaurant Kultá** (next to hotel)  
Bulevardi 28, 00120 Helsinki