Sinus Lift Course

Fast and safe hands-on techniques





Speaker: Dr Stratos Efstratiou

One-day Course.

5th December 2026

Leonardo Hotel Watford
Clarendon Road
WD17 1JA

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Speaker:
Dr Stratos Efstratiou

B.D.S.

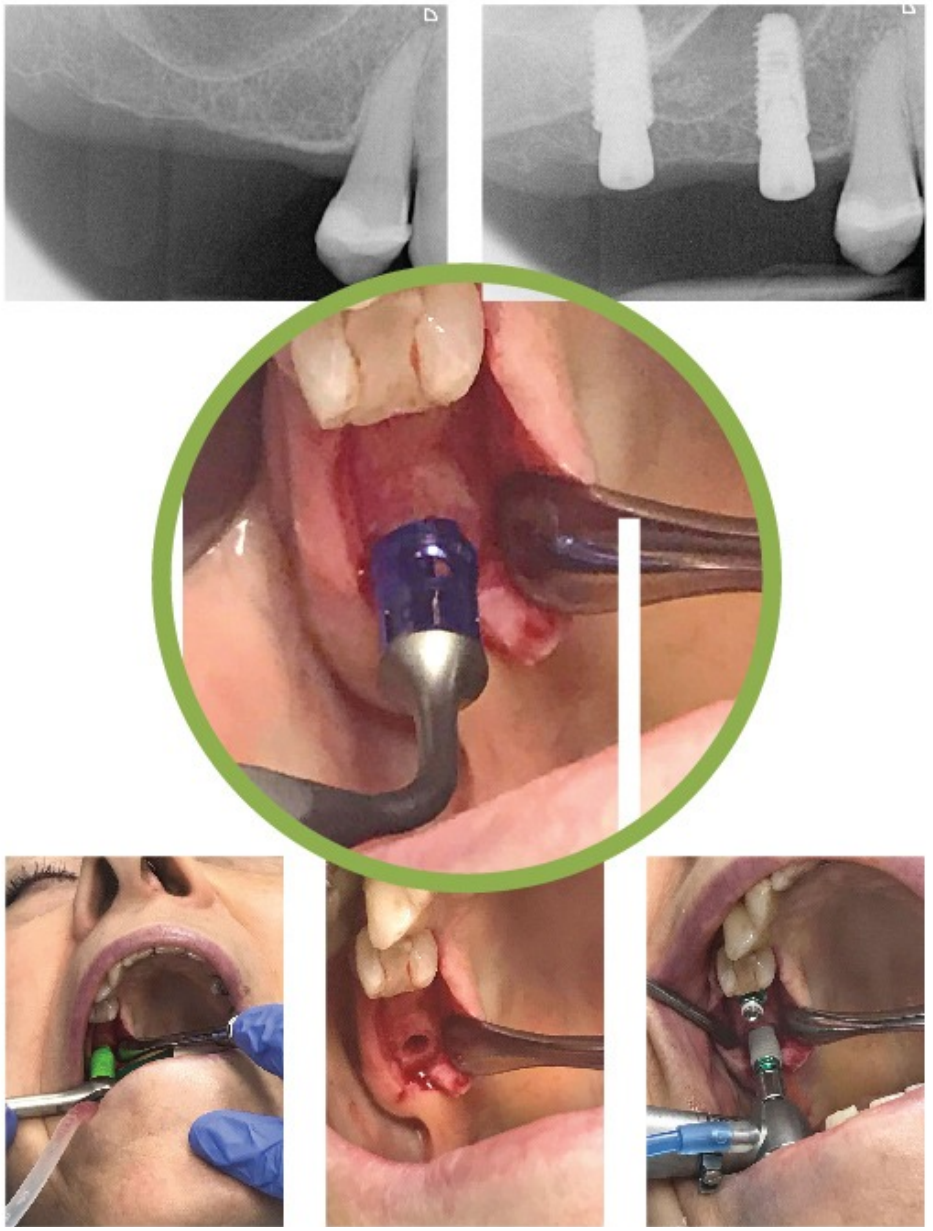
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Stratos graduated as a dentist in 1992 from South Africa.

He works as a dentist in Hertfordshire and has been involved with implants since 1999.

He completed a Diploma in Implantology at the Eastman in 2010.

He switched from conventional methods of sinus lift surgery to using Osstem CAS and LAS lift methods in 2012 and has lectured for Osstem since then.



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Sinus Lift Course

Date: Sat 5th December 2026

Venue: Location: Leonardo Hotel Watford
Clarendon Road
WD17 1JA

Programme

9:00am-1:00pm

- Anatomy and physiology of maxillary sinus
- Conventional sinus lift technique using the osteotome
- Advantage of sinus lift with CAS KIT
  - Indication and limitation of crestal approach sinus lift technique
  - Characteristics of CAS KIT for sinus lift
  - Indication and case presentation of CAS KIT
- Brief introduction of Osstem implants and their use with the CAS KIT
- Hands-on with sinus models
- Management of sinus lift complications
- Principle and technique of maxillary posterior tooth replacement

2:00pm-5:00pm

- Concept and technique of lateral window approach
- Sinus bone graft
- Easy and safe lateral window approach using the LAS KIT
- Hands-on with sinus models
- Management of sinus graft complications
  - Postoperative pain and swelling
  - Sinus membrane tearing
  - Intraoperative bleeding
  - Inadequate graft volume
  - Displacement of an implant into the sinus
  - Residual alveolar ridge fracture
  - Sinus infection
  - Failure of osseointegration
  - Failure of bone graft

Expected Outcome

To be able to confidentially treatment plan, place, and understand the risks of placing any system of dental implants using sinus augmentation techniques with the Osstem CAS and LAS KITS.

Booking details

Fee: £495

Includes food and refreshments

Venue:

Leonardo Hotel Watford
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WD17 1JA

Contact:

courses@osstemuk.com 01372 383 172



