

SODC INSIDER

Restorative Dental Hygiene:
Restore, Rebuild,
Redefine Your
Dental Career

In this issue:

- The Science Behind the Restoration
- Beyond the Operatory with the Dean of SODC
- Study tip of the month
- Welcome new students!
- Events at SODC for February

THE ROOT OF THE MATTER:

RDHP 001 DENTAL MATERIALS & RDHP 002 ORAL EMBRYOLOGY AND HISTOLOGY

Dental Materials is a core course for Restorative Dental Hygiene students. It is designed to build a strong scientific foundation for clinical decision-making. The course focuses on the composition, properties, and clinical behavior of dental materials which are commonly used in restorative procedures. These include bonding systems, composites, liners, bases, and impression materials. By understanding how these materials interact with oral tissues and respond to functional stresses, students are better equipped to select, manipulate, and apply materials safely and effectively in clinical practice.

Oral Embryology and Histology compliments Dental Materials by introducing students to the development, structure, and function of oral and dental tissues at the microscopic level. Students learn not only how teeth form but also their microscopic structure. Students are able to determine how enamel, dentin, pulp, and supporting structures form, mature, and respond to restorative procedures and disease processes. This knowledge allows students to recognize normal anatomy, understand tissue responses, and appreciate the biological principles that guide restorative care.

Together, Dental Materials and Oral Embryology and Histology bridge basic science with clinical application. These courses strengthen students' critical thinking, enhance precision in restorative procedures, and reinforce the importance of evidence-based practice in modern restorative dental hygiene.

Jawad B. BDS, MClintDent (Periodontology), RRDH
SODC RDHP CLINIC & Theory Instructor



FACULTY SPOTLIGHT

Jawad B.

Syed Jawad Ali Bukhari is a dental professional with expertise in clinical practice, education, and advanced periodontal care. He completed his Bachelor of Dental Surgery and a Master's degree in Periodontology in London, UK. After relocating to Canada, he completed the Dental Hygiene and Restorative Dental Hygiene programs at SODC. Jawad is a theory and clinical instructor at SODC, where he teaches Dental Materials and Oral Embryology and Histology to RDHP students. He has published three peer-reviewed papers and enjoys badminton and taekwondo.

Beyond the OP

Q: How does a Restorative Dental Hygiene program expand the role of a traditional dental hygienist?

A: Restorative dental hygienists are traditionally trained to place fillings, including amalgam (mercury) and resin (composite) restorations. This training alone allows graduates of restorative dental hygiene programs to perform procedures beyond the traditional hygiene scope, such as scaling and root planing, probing, and assessments.

At SODC, Restorative Dental Hygiene graduates receive advanced training in functional occlusion and bioesthetics, enabling them to identify TMJ, postural, and airway-related bite issues. They are also trained in crown, bridge, and veneer cementation, as well as Stage 2 and Stage 3 dental implant restoration. This expanded scope allows graduates to effectively market themselves as highly skilled oral health professionals.

Q: What types of restorative procedures are graduates trained to perform?

A: Graduates of the Restorative Dental Hygiene program at SODC are trained in orthodontics and orthopedics. I encourage hygienists seeking to expand their impact on patient care, contribute more to the profession, and achieve greater financial and work-life balance to consider enrolling in the program.

Q: What advice would you give students who are considering enrolling in this program?

A: Restorative hygienists are traditionally trained to place fillings, cement crowns, and occasionally veneers, which already expands their scope of practice. Yet many struggle to find full-time positions due to three main hurdles: dentists often don't recognize their value, restorative hygienists rarely promote themselves, and many lack confidence to assert their skills.

SODC graduates stand out because they gain advanced training in functional occlusion, bioesthetics, orthodontics, implant restoration, and full-mouth rehabilitation. They confidently identify bite, TMJ, airway, and postural issues, collaborate with dentists, and market their expanded skills. This combination of training, confidence, and initiative sets our graduates apart in the profession.

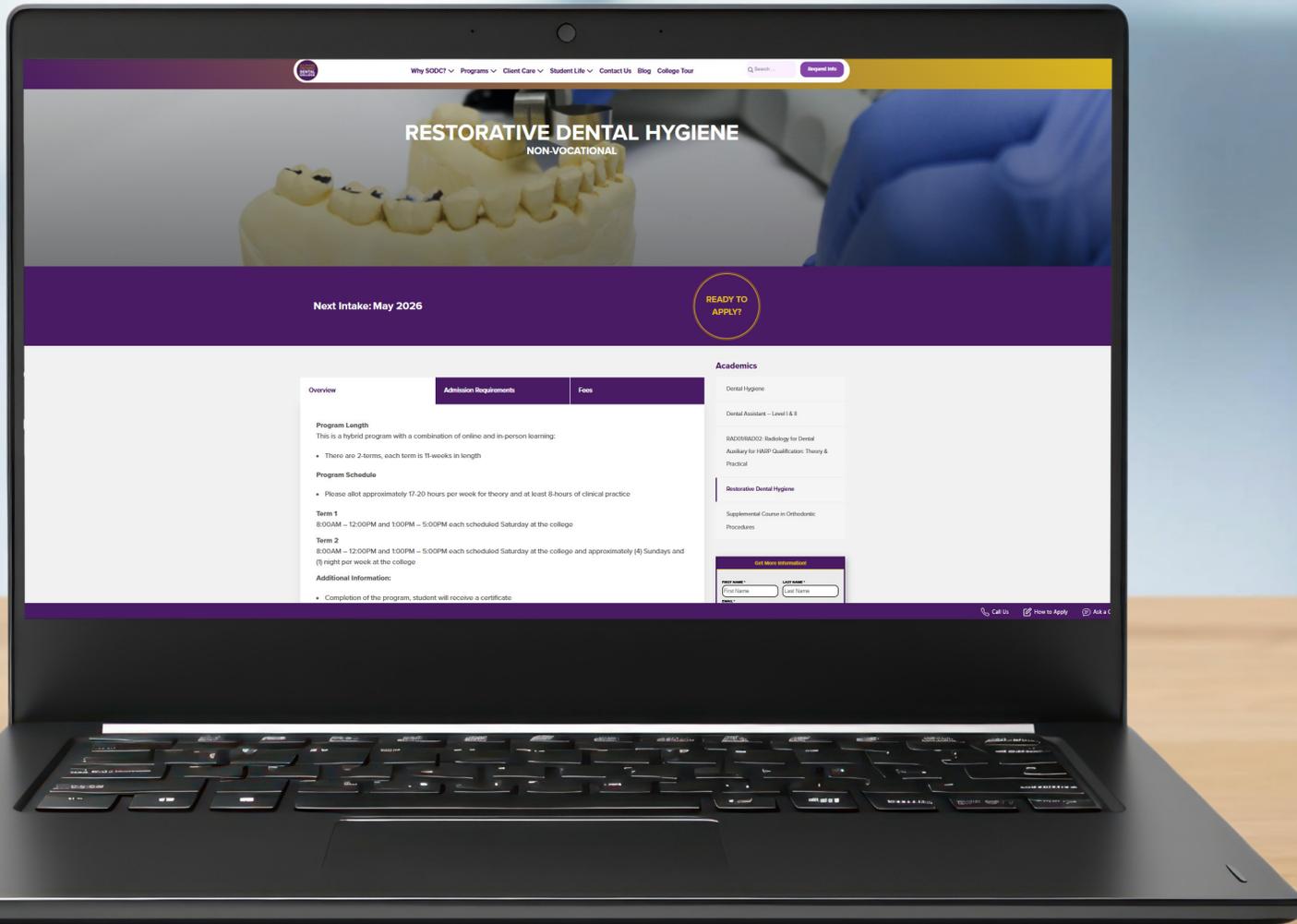
Dr. Roland Estrabillo, DDS
Dean and President



Interested in our Restorative Dental Hygiene Program?



Connect With Us!



OUR NEXT INTAKE IS
MAY 2026
 LIMITED SPOTS
 AVAILABLE!

EMAIL PROGRAMINFO@SODENTALCOLLEGE.COM FOR MORE INFORMATION.

STUDY TIP OF THE MONTH

Setting the Stage for Focused Learning

Our brains work best when we are relaxed. However, this can feel challenging when there is so much to learn. One helpful place to start is by considering your learning environment. Is it conducive to focus and concentration? If your surrounds are loud or contain distracting objects, consider removing yourself from those spaces or minimizing potential distractions.

Reflect on your physical comfort as well. Is your chair comfortable? Are you too warm or too cold? Are you hungry? Thirsty? These small factors can significantly affect your ability to focus, retain information, and understand new content.

I love to listen to instrumental music, mostly piano, as it creates a calming atmosphere that supports my concentration. Research has shown the positive effects of instrumental music while studying.

Most importantly, remember to be kind to yourself as you navigate your learning.

Naomi Levely B.A., Adult Education (cert) RDH, M.Ed (student)
Dental Hygiene Clinical & Theory Instructor



THE TOOTH TRUTH FILES

Life at Southern Ontario Dental College



Can you tell us a bit about yourself?

I am proud graduate of SODC (Dental Hygiene Program). I gladly came back to level up (Restorative Dental Hygiene Program) & became Ortho-certified at SODC.

What has been your experience so far in the Restorative Dental Hygiene Program?

So far, it's absolutely amazing. The teachers are always there to help and we are lucky enough to get individual attention. I thought I would only be doing restorations but I came to know that we can do more than that by implementing our knowledge of orthopedic and occlusion, we can serve the community in very different and better way.

Is there anything you are looking forward in achieving in this program?

Get more hands on. Getting more confidence and learn more from vast experience from our instructors



EVENTS AT SODC

FEBRUARY 3 - HARP 16 STARTS

FEBRUARY 6 - END OF TERM FOR DH TERM 1 AND TERM 3

FEBRUARY 14 - HAPPY VALENTINE'S DAY

FEBRUARY 16 - HAPPY FAMILY DAY

FEBRUARY 17 - START OF TERM FOR DA TERM 2 & DH TERM 1-4
WELCOME DA 11, DH 35 & DH 36



★ Your Feedback Matters ★

If you had a positive experience at Southern Ontario Dental College, please consider leaving a Google review. It helps us improve and reach more future professionals.