



## **Hands-on Oral Surgery Skills for Female Dentists: Adapting Your Tools and Techniques**

Saturday, May 21, 2022

**School of Dentistry • University of Minnesota**  
**5-125 Moos Tower**

### **Classroom welcome**

**7:30**

Light breakfast and check-in  
Assign participants to three groups of ten

### **Welcome and today's goals**

**8:00** Dr. Rachel Uppgaard

### **My Three Favorite Surgical Tools and Why**

**8:15** Dr. Cassandra Stacy

**8:30** Dr. Angie Rake

**8:45** Dr. Rachel Uppgaard

Consider what makes an effective instrument for smaller hands  
Discuss what tools allow for greater finesse and less force  
Determine the most appropriate instruments for common surgical procedures

### **Needs Assessment**

**9:00** Dr. Rachel Uppgaard, Dr. Angie Rake, and Dr. Cassandra Stacy

**9:30** Suture Demonstration-Dr. Angie Rake

**9:45** Break

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## **Three Rotating Skills Stations 8 South Clinic**

### **Skill Station: Extraction • Dr. Rake and Resident**

Analyze instruments and techniques suitable for smaller hands, less force  
Consider body positioning and instrument handling techniques  
Address root tips and common occurrences during extraction

### **Skill Station: Flaps • Dr. Stacy and Resident**

Use instrumentation common to the envelope flap  
Tissue handling techniques  
Focus on suturing techniques and tips

### **Skill Station: Grafting • Dr. Uppgaard and Resident**

Consider the importance of grafting procedures and clinical considerations  
Discuss the tooth removal techniques and their impact  
Evaluate the grafting materials, membranes, and suturing involved in grafting

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### **First Station Rotation**

**10:00**

### **Lunch break**

**12:00**

### **Second Station Rotation**

**12:30**

### **Refreshment break**

**1:30**

### **Third Station Rotation**

**3:00**

### **Break**

**5:00**

### **Classroom Debriefing and Refreshments**

**5:15**

### **Adjourn**

**6:00**

### Meet Our Course Director

**Rachel Uppgaard, DDS**, is a Clinical Assistant Professor in the Division of Oral and Maxillofacial Surgery, Department of Developmental and Surgical Sciences, at the University of Minnesota School of Dentistry. Dr. Uppgaard received her Bachelor of Arts, dental degree and completed her Oral and Maxillofacial Surgery residency at the University of Minnesota. She has taught at both the Minneapolis Veterans Affairs Medical Center and the University of Minnesota. She is an active volunteer within the community. Dr. Uppgaard is a member of the American Dental Association and the American Association of Oral and Maxillofacial Surgery.

### Meet Our Expert

**Angela Rake, DDS**, completed her dental degree and advanced training in Oral and Maxillofacial Surgery at the University of Minnesota School of Dentistry. She completed a maxillofacial surgery internship at the Minneapolis Veterans Affairs Medical Center. Dr. Rake practices at Dakota Valley Oral and Maxillofacial Surgery & serves as an Adjunct Associate Professor in the Division of Oral and Maxillofacial Surgery at the University of Minnesota School of Dentistry. She lectures on numerous topics and has gained national attention for her innovative approaches to responsible opioid prescribing. Dr. Rake is a Diplomate with the American Board of Oral and Maxillofacial Surgeons. She is a member of the American Association of Oral and Maxillofacial Surgeons, American Dental Association, Minnesota Dental Association, and Minneapolis District Dental Society. She is a past president of the Minnesota Society of Oral and Maxillofacial Surgeons and serves as President of the Minnesota Board of Dentistry.

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Continuing Dental Education Staff members have nothing to disclose.

The following information was received from our speakers for this course. It is not assumed these financial interests or affiliations will have an adverse impact on course presentations. They simply are noted here to fully inform course participants.

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