

SEVEN STEPS FOR EFFECTIVE ENDODONTICS

GABRIELA BOȚA¹

„Lucian Blaga” University of Sibiu

Keywords: root canal, rubber dam, acces, instrumentation, irrigation

Cuvinte cheie: canal radicular, dîga, acces, instrumentare, irigare

Abstract: After a year of microscopic endodontics, 122 cases treated with rotary endodontic system "Smart Endodontics" Discus Dental U.S. wish that this article, emphasizes the importance of seven clinical considerations critical for endodontic treatment to be effective, predictable and of high quality.

Rezumat: După un an de zile de endodonție microscopică, 122 de cazuri tratate cu sistemul endodontic rotativ „Smart Endodontics” al firmei Discus Dental SUA doresc, ca în acest articol, să sublinieze importanța a șapte considerații clinice critice pentru ca tratamentul endodontic să fie eficient, previzibil și de înaltă calitate.

SCIENTIFIC ARTICLE OF THEORETICAL PREDOMINANCE

One of the biggest frustrations for a dentist endodontic treatment is to start a root canal treatment and have surprises in terms of difficulty of the case or the time required to complete the treatment. The steps are:

1. Careful selection of cases.

Efficiency in endodontics must begin with the proper case selection. You must know your limits and select cases based on these limitations. For simplicity, we made a classification of clinical cases to help you easily select cases to be treated in your office or one specializing in endodontics.

Cases available:

1. vital teeth
2. maxillary anterior teeth
3. mandibular molars
4. teeth with gradual curves canal
5. teeth with large canal
6. medium length teeth canal
7. teeth without crowns cover
8. first endo treatment

Difficult cases:

1. necrotic teeth
 2. posterior teeth located on the arch
 3. mandibular anterior teeth
 4. maxillary molar teeth
 5. sharp canal curve or multiple canals
 6. calcification endocanalicular
 7. long roots
 8. teeth with crowns covering
 9. teeth with abscesses in history
 10. teeth requiring endodontic re-treatments
 11. DCR teeth that need making, so the major prosthetic
2. Isolation with Rubber Dam

The rubber dam is today the most used system to isolate the teeth while providing greater patient safety. It seems a sophisticated system that many doctors are afraid, especially because of the existence of many systems of fixing the teeth, but I think, rubber dam can be fixed at any tooth in the mouth using only three clamps: the 9M for all anterior teeth, the 12A for the

lower right and upper left molars, the 13A is for the lower left and upper right molars.

3. Access to root canals

To achieve a safe and effective endodontic treatment should not minimize the importance of using a magnification to make an access to root canals in a straight line. For this we should see in the mirror all the holes opening of root canals when they look with one eye without moving your head or the mirror. If you can't establish straight line access is one of the causes of rotary file breakage.

4. The Electronic Apex Locator

Currently, on the market there are apex locators for the accurately measuring of the length of the root canals. The test time was passed away from Morita Root ZX, Elements Apex Locator from Sybron Endo, and systems more accessible to investment such as Ipx from NSK.

5. Dental radiography

Undoubtedly, digital radiography is the most recommended when practicing endodontics. Retroalveolar X-ray technique made parallel presents a dimensional accuracy of about 1:1.

6. Rotary instrumentation

Root canal instrumentation systems appeared on the market today are many and introduce continuous improvement. Competition is fierce. But why try different systems to get to later abandon when you can enter the system smart. The major advantage of this system is that the accidental breaking of those during the mechanical treatment is performed in the neck making it possible to remove the needle manually or with special instruments of the needle in the canal, and the apical area is working perfectly round. Do you think your endodontic treatment without achieving a continuous stress being put on the doctor when dealing with easily accessible canals, curves, difficult? Is Smart Endodontics!

7. Irrigation System

In many irrigation systems used over the years in endodontic treatment, I stopped at a system called EndoVac from Discus, the only irrigation system with negative pressure on the apex which offers a unique and safe method of irrigation canal during treatment. Unlike positive pressure systems that use

¹Corresponding Author: Gabriela Bota, 2nd block of flats, Lomonosov street, Sibiu, Romania, e-mail: dentoiza@yahoo.com, tel. +040-0722281478
Article received on 07.04.2011 and accepted for publication in 23.08.2011
ACTA MEDICA TRANSILVANICA December 2011; 2(4)276-277

CLINICAL ASPECTS

cannulas or needles with side opening for the irrigation canal, irrigation system EndoVac lead solution in the apical and draws from the apex eliminating the risk of NaOCl accident and ensures the removal of irrigation microscopic gas bubbles in the third apical root canal.

In conclusion, the lack magnification, non-disclosure of all root canals, such as upper molars MB2, the second canal at the lower incisors, the mechanical processing due to insufficient access to root canals, lack of understanding the fluid dynamics that affect the irrigant exchange in the root canal system, biofilm eradication, reduction of postoperative complications and pain, smear layer removal are the main factors leading to failure in endodontic therapy.

BIBLIOGRAPHY

1. Cohen St., Hargreaves K.M. Pathways of the pulp, ed.9, Mosby Inc.St. Louis 2006
2. Castellucci A. Endodontics. Vol. I – III, First edition II Tridente 2004