When you think about endodontic treatment, it might sound so simple: access cavity, some files, a bit of irrigation, a cone with a sealer, and that’s it. Unfortunately, this is not the reality. The armamentarium that we use is almost as sophisticated as the one used during the brain surgeries. Ironically, we bring in so much heavy equipment to deal with a bit of pulp tissue and some microorganisms. The equipment that, if used on other tissues, can cause irreversible damage. The question is, do we really need it?

Is there a more ecological and tissue-friendly way to accomplish the endodontic treatment? Cryotherapy studies have demonstrated that a simple technique using cold water can solve such a major issue in endodontics as postoperative pain. Our sequence of irrigation is proving that with appropriate timing and alternation of solutions, as well as with the use water between the two main chemicals we can almost disinfect the root canal system—and also more efficiently than any other heavy equipment. The question, thus, is if we really have to bring a one-ton hammer to break open a pumpkin seed?

Learning from history, when mummification was performed in Ancient Egypt, the use of simple materials and procedures in a very strict order was consistently giving an effect lasting for several thousands of years.

Is it possible to modify our thinking to incorporate a similar approach? Thinking out of the box and using the modern technology to more ecological and bio-friendly materials may be the way of the future for our profession. Providing body’s defense cells an environment and conditions to fight infections and limiting the use of antibiotics, using cold water to reduce inflammation and therefore pain, limiting the use of pain killers and so on—I think this is how we could remain biological in the world of ever more complicated technology.