Smartseal in practice

In the last issue, Sandra Watson outlined how she uses Smartseal for successful endo treatment. This week in part two, we ask Sandra why she prefers it to her old method of treatment and why she would recommend it to her colleagues.

Predictable Endo for the General Dental Practitioner

smartseal are delighted to announce dates for their popular evening seminars. The events will be hosted by Jerry Watson BDS, a practising GDP from Lincolnshire.

Aim of the course

To provide course participants with the necessary knowledge and skills to be able to implement the smartseal endodontic system in their practice.

Course objectives

By the end of the course participants should:

- have an understanding of the science behind the smartseal system
- have knowledge of the polymer plastics used in the system
- have the necessary skills to be able to use the smartseal system
- understand the nature of the material and its uses
- be able to interpret x-rays where a smartseal endodontic treatment has been used.

Format of the evening

6.30pm buffet supper/networking with colleagues
7.00pm overview of the system, science behind the material and how it works
hands on session using endo blocks, allowing delegates to see exactly how the smartseal system works and get a feel for using it
9.00pm close

Dates and venues

<table>
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<tr>
<th>Date</th>
<th>Venue</th>
<th>No of tickets</th>
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<tr>
<td>06 November</td>
<td>Leeds Novotel</td>
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<tr>
<td>07 November</td>
<td>Belfast Hilton Hotel (afternoon event)</td>
<td>20</td>
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<tr>
<td>13 November</td>
<td>Swindon Holiday Inn</td>
<td>20</td>
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<tr>
<td>20 November</td>
<td>Taunton Holiday Inn</td>
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<tr>
<td>27 November</td>
<td>Winchester Mercure Wexsex Hotel</td>
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<tr>
<td>05 February</td>
<td>North London Hendon Hall</td>
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<td>12 February</td>
<td>Slough Copthorne</td>
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<td>19 February</td>
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<td>26 February</td>
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<td>05 March</td>
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<td>12 March</td>
<td>Newcastle upon Tyne Holiday Inn</td>
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<tr>
<td>19 March</td>
<td>Edinburgh Marriott Hotel</td>
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Delegate rates: £65 - dentists, accompanying nurse free of charge*. Delegates attending the seminar will receive a 50% discount against the purchase of an introductory pack of Smartseal.* one nurse per dentist

About the speaker:

Jerry Watson is a general dental practitioner based near Stamford. He works in two locations - Peterborough and Easton on the Hill. Jerry is a well respected trainer and has worked with many companies and organisations to deliver training for dental teams; he is particularly interested in facilitating customer care and team work training events.

New dates and venues for 2009!

Delegates who attended the recent spring series of seminars made the following comments following their experience at the seminar: ‘uplifting’, ‘looking forward to getting started with smartseal’ and ‘if it does as it says on the tin it will be amazing. I think it will and does’.

1. What product/s and brands have you used in the past?
   I used to use hand files and then fill with GP using lateral condensation. More recently I have used K files with Pro Fit GP.

2. What prompted you to consider new kinds of products?
   I was interested to use a product which expanded laterally because of the obvious potential benefits. I had heard that Smart-point swelled laterally, adapting to the shape of the canal and that once a seal was created, the point would stop swelling and its controlled hoop strength prevented root fracture. I recognised that these inherent characteristics could improve the outcome of root canal treatments and so decided to investigate further.

3. What decision-making process do you use to purchase new products?
   From personal experience dentists are naturally creatures of habit and although I believe we’re reticent to try new technologies and products, I do think we have a responsibility to be aware of and investigate new products that may help us to deliver an improved service and/or outcome for our patients. I form purchasing decisions by keeping abreast of information presented in literature sent to me and featured in the dental press, and I listen to what my colleagues have to say about products they have tried.

4. When did you become aware of Smartseal and what interested you most about it?
   I have been aware of Smart-seal’s development for some time and have been watching the outcome of the trials with great interest. GP has been used for over 100 years and while it has served a purpose, we are all aware of its limitations. It makes sense that new, 21st-century technologies should find a better way to perform an old traditional; it seemed time for a new product.

5. Did you use Smartseal as soon as you had purchased it and if not, why not?
   I must admit that it had sat in the cupboard for a couple of weeks before my nurse persuaded me to use it. Again it’s just habit and that reticence to try something new. Using a different product does take us out of our comfort zone but if we never tried anything new we would still only be pulling teeth out rather than discussing the merits of different root canal treatments.

6. Even though you had purchased Smartseal, what
prompted you to actually use it? Was it a particular kind of case, the time of day…?

My nurse prepared a trial mix of the paste. We thought it might work, it looked more than satisfactory and we decided to use it for the next root treatment.

7. Did you have any apprehension about using a new product and if so, why and how did you overcome it?

There is always a slight apprehension when using a new product and that inevitably makes using it for the first time more demanding. For instance, I think you need to run through the process and discuss it with your nurse in advance of using it so you both feel confident. You should also ensure no mention of new products is made in front of the patient.

8. What limitations or dissatisfaction did you have with the product/s you had been using? Did Smartseal overcome these issues and if so, how?

I had experienced a couple of failed endo cases where I had used GP and wanted to give Smartseal a try; especially on molars. I had experienced difficulties with molars in locating the canals when the pulp chamber was full of sealer, bending GP point after GP point. Smartpoints are much more rigid and easier to place than GP. Smartpoints are easier to push into curved canals and they are trimmed off easily using a high-speed drill with the water running. So much easier and nicer for the patient than sending up smoke signals when trimming GP using a hot instrument. I like the singular packed points, much cleaner than rummaging through a pack of mixed GP points. If using a constant taper file system only 04 and 06 points are required, these being trimmed to size using the gauge enclosed in the kit.

9. How did your nurse take to using Smartseal?

She found it easy to use and was the one who pushed me into my first Smartseal endodontic treatment!

10. Were there aspects of using Smartseal that you would like to see changed/improved?

No. The initial anxiety associated with performing a known treatment in a new way was soon overcome because of the simplicity and ease of use of the Smartseal system. I couldn’t find any fault at all.

11. Why do you think other practitioners may be reticent to try new products and what would you say to them now that you have tried it?

I guess most practitioners would be worried about handling a new product in front of a patient. I would suggest they try a test mix of sealer with their nurse first because other than that, the technique is the same; just pick up a Smartpoint instead of a GP point. Of course in hindsight I wonder why I hadn’t used it sooner but isn’t that always the case? The Smartseal team provides help in practices with lunch and learns and evening seminars for the dental team are also available. I would highly recommend either. I found them extremely helpful and informative. They helped me to learn more about the technology and encouraged me to use it with confidence. You should also ensure no mention of new products is made in front of the patient.

12. How do you currently evaluate ongoing success of your endo treatments?

I review the results radiographically and check if the patient is symptom free.

A SMART POINT

All products were new once – even GP! But people try them and advocate their benefits, they move into the mainstream. At some point they become commonplace and no one ever gives the fact that they were once new a second thought. New products are successful when they fill a need or overcome an existing problem and that’s exactly what the Smartseal system purports to do. You be the judge by making an informed decision like Sandra Watson. Undertake your own investigation by visiting Smartseal at Showcase where presentations will take place every 50 minutes.

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About the author

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12B BGS Eng 1980, BDS Lond 1980 is a general dental practitioner based in Easton-on-the-Hill, Lincolnshire.

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Dr Philip Preshaw from the University of Newcastle’s School of Dentistry was awarded the Young Investigator’s Award at the 86th General Session and Exhibition of the International Association for Dental Research (IADR) held in Toronto, Canada. The IADR Young Investigator Award, supported by Crest Oral-B, P&G Professional Health, is designed to stimulate basic research in all dental disciplines. The recipient must not have reached their 40th birthday at the time the award is presented and the award consists of a cash prize and a plaque.

MK: What factors contributed to you being awarded this honour by the IADR?

Philip Preshaw: I was recognised for my research focusing on clinical periodontology and applied laboratory research, specifically periodontal immunobiology, risk factors for periodontal disease (such as smoking and diabetes), and clinical trials design and execution. One study in particular that I conducted focussed on the effect of quitting smoking on periodontal treatment outcomes. This study was the first longitudinal project of its kind to confirm the benefits of quitting smoking in smokers with periodontal disease, and attracted significant international media attention.

I have also conducted research that has identified a hugely increased risk for aggressive periodontitis in young adults with Type-1 diabetes mellitus. In addition to this, I was involved in research that led to the development of a new systemic drug therapy (subantimicrobial dose doxycycline) for the management of periodontitis that is now available in the UK and other countries throughout the world. I have been able to conduct all of this research due to the support I have received from colleagues at Newcastle University and because I received a five-year Clinician Scientist Award from the MRC (Medical Research Council) and Department of Health that has enabled me to focus on research over the last few years.

Maria Kritzinger spoke with award-winning Dr Philip Preshaw from the University of Newcastle’s School of Dentistry about the award and what it means for his future research goals.