| **CE article** |
| Invasive cervical resorption (ICR): A description, diagnosis and discussion of optional management |

| **case report** |
| Iatrogenic errors before and after non-surgical root-canal treatment |

| **research** |
| Fluid dynamics of syringe-based irrigation to optimise anti-biofilm efficacy in root-canal disinfection |
Dental Tribune for iPad – Your weekly news selection

Our editors select the best articles and videos from around the world for you every week. Create your personal edition in your preferred language.

ipad.dental-tribune.com
Interdisciplinary dentistry: An absolute essential

_We are fortunate to live_ in a society in which we have access to comprehensive health care and in which the level of dental care is considered among the best in the world. Unfortunately, this is not the case for countless other regions in the world.

In an attempt to pay it forward, I have for many years now been doing charitable work for the people of Jamaica, in addition to teaching the local dentists there how to provide proper endodontic care to their patients. Recently, a new dental school was constructed at the University of Technology in Kingston, Jamaica, and I was appointed Adjunct Professor of Dentistry and was asked to construct an endodontic programme, which will produce its first graduates in 2015. Following the graduation of these well-trained individuals, for the very first time, the 2.6 million residents of Jamaica will finally have accessible to them the number of dentists per capita that is required.

This past weekend I had the good fortune to return to Kingston and speak at the Rosalie Warpeha Caribbean Institute for Strategic Planning and Research in Oral Health.

I spent the weekend with a restorative dentist, an oral radiologist, a cosmetic dentist, an orthodontist, an oral pathologist and a paediatric dentist. What started out as social events quickly became brainstorming sessions, during which we all soon realised how integrated all disciplines of dentistry need to be but are unfortunately lacking in many respects.

As specialists, we tend to pigeonhole ourselves into our specific areas of expertise and often lose perspective, unable to see the forest for the trees. Discussions of horizontal and vertical integration in dental school curricula soon became a topic of total agreement among our esteemed colleagues. A continuum of integration through case learning is both beneficial and essential. This allows students to be capable of using their acquired foundational knowledge to approach subject matter with critical thinking skills.

Case-based teaching has a long tradition in medicine, nursing, law and many dental programmes. It is an important method of distilling the basic knowledge learnt in texts and lectures and applying it to a patient in a practical manner. As practising dentists, many of us were not exposed to this type of learning, and were left alone with the skills that we acquired in dental school to figure it out on our own.

Through properly structured continuing education programmes, we can return to the roots of education and combine our knowledge in an interdisciplinary manner by conferring intimately with members of other specialties, through panel discussions and case presentations. By approaching learning in this capacity, all of our patients in all of our respective countries will benefit from continued oral health, with successes that will be enjoyed at levels never seen before.
editorial
03 Interdisciplinary dentistry: An absolute essential
  I Dr Gary Glassman

CE article
06 Invasive cervical resorption (ICR): A description, diagnosis and discussion of optional management—A review of four long-term cases
  I John J. Stropko

case report
18 Iatrogenic errors before and after non-surgical root-canal treatment
  I Dr Rafael Michiels
34 Endodontic management of a hypertaurodontic maxillary first molar — A case report with a two-year follow-up
  I Drs Jojo Kottoor & Dr Anil Kishen

research
22 Fluid dynamics of syringe-based irrigation to optimise anti-biofilm efficacy in root-canal disinfection
  I Dr Christos Boutsikis et. al.

special topic
32 Irrigation for the root canal and nothing but the root canal
  I Dr Philippe Sleiman

industry news
38 VDW Motors produced in Tuscany, Italy
  I VDW

meetings
40 International Events

about the publisher
41 submission guidelines
42 imprint

Clinical Masters Program in Aesthetic and Restorative Dentistry
10-14 January 2013 and 24-27 April 2013 in Dubai, for a total 9 days

Session I: 10-14 January 2013 (5 days)
- Direct/Indirect composite Artistry in the Anterior Segment
- Direct/Indirect composite Artistry in the Posterior Segment
- Photography and shade analysis

Clinical Masters:
Didier Dietschi, Francesco Mangani, Panos Bazos

Session II: 24-27 April 2013 (4 days)
- Full coverage Anterior/Posterior Restoration
- Partial coverage Anterior/Posterior Restoration, Ceramic Restoration

Clinical Masters:
Mauro Fradeani, Urs Brodbeck

Discover the Master's secrets and Dubai's superlatives

Dubai, UAE
2 on location sessions with live patient treatment and hands-on in each session
+ online live and recorded lectures, online mentoring

Full access to our online learning platform:
hours of premium video training and live webinars collaborate with peers and faculty on your cases

Course fee: €8,900
Register by the end of October and you will receive a complimentary iPad preloaded with premium dental courses

Tribune CME
Tel: +49-341-48474-302
email: info@tribunecme.com
www.Tribunecme.com

100 C.E. CREDITS

ADA CERP 
Continuing Education Recognition Program
Tribune America LLC is the ADA CERP provider.
ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry.
Invasive cervical resorption (ICR): A description, diagnosis and discussion of optional management — A review of four long-term cases

Author_ John J. Stropko, USA

Abstract

The external resorptive process of the permanent dentition referred to in this article has been given several different terms over the years, so therefore some confusion exists. Just a few popular labels are extra-canal invasive resorption (ECIR), invasive cervical resorption (ICR), external cervical resorption (ECR), subepithelial external root resorption, and idiopathic external resorption. They all refer to a relatively uncommon form of dental resorption. If left undiagnosed, misdiagnosed, mistreated or untreated, it will usually be quite devastating for a tooth. An Australian dentist, Dr Geoffrey Heithersay, has contributed much to the literature regarding all facets of this type of dental resorption. His work has become the basis of research and treatment. With few changes over the past several years, the aetiology, predisposing factors, classification, clinical and radiological features, histopathology and the treatment of this resorptive process he described are still used in our practice today. For this reason, this article will adopt the same nomenclature used in his numerous publications: invasive cervical resorption (ICR).

I will present treatment of four cases—two Class 2 cases, one Class 3 and a Class 4—in an attempt to share some experiences, both good and bad, over the years when dealing with ICR. Hopefully, the following article will be successful in removing some barriers that may currently prevent the doctor from accepting the challenge presented by the next case of ICR.

Aetiology of invasive cervical resorption

ICR is not a common occurrence, is insidious and often an aggressive form of external tooth resorption, and can occur in any tooth in the permanent dentition. External resorption can be divided into three broad groups: (a) trauma-induced tooth resorption; (b) infection-induced tooth resorption; and (c) hyperplastic invasive tooth resorption. ICR is one form of hyperplastic invasive tooth resorption. It results in the loss of cementum and dentine by an odontoclastic type of action. The ICR lesion begins just apical of the epithelial attachment of the gingiva at the cervical area of the tooth, but can be found anywhere.

—Fig. 1
—Invasive cervical resorption: Distribution of potential predisposing factors for patients. (Reproduced with permission from Quintessence Publishing).
on the root. Owing to its location, the beginning lesion is difficult or almost impossible to recognise. The exact mechanism of ICR is still not clearly understood. Microscopic analysis of the cervical region of teeth has shown that there appear to be frequent gaps in the cementum in this area, leaving the underlying mineralised dentine exposed and vulnerable to osteoclastic root resorption. It is broadly accepted that either damage to or deficiency of the protective layer of cementum apical to the gingival epithelial attachment exposes the root surface to osteoclasts, which then resorbs the dentine. In general, an area of radicular dentine around the cervical area of the tooth may be devoid of the protective covering of cementum, exposing the root surface to colonisation by osteoclast-like cells, allowing the resorptive process to begin. Osteoclastic action in that area of the radicular dentine eventually results in a hyperplastic resorative lesion containing fibro-osseous tissue. In order for dental resorption to occur, three conditions are necessary: a blood supply, breakdown or absence of the protective layer, and a stimulus. In the case of ICR, the external protective layer is the cementum, and the internal layer is the predentine of the pulp.

Several potential predisposing factors have been identified: trauma, intracoronal bleaching, surgery, orthodontics, periodontics, bruxism, delayed eruption, developmental defects, interproximal stripping and restoration. Heithersay studied a group of 222 patients with a total of 257 teeth with various degrees of invasive cervical resorption. From the subjects’ dental histories, it was determined whether there was a sole predisposing factor, or a combination of factors. The results are shown diagrammatically in Figure 1. The results indicated that a history of orthodontic treatment was the most common sole factor (found in 47 patients), while other factors, mainly trauma and/or bleaching, were present in an additional 11 subjects. Trauma was the second-most common sole factor, with 31 teeth. Intracoronal bleaching, combined with other factors, had the third-most affected teeth. The pulp plays no role in the aetiology of ICR and remains normal until the ICR becomes very advanced.

A recently published study has indicated there might be a connection between human and feline ICR. Four cases of multiple invasive cervical resorption (mICR) were presented. There was direct contact with cats in two cases, and indirect contact in the other two cases. Neutralised testing was done for feline herpes virus Type 1 (FeHV-1). Two of the cases were neutralised, and two were partly inhibited. The study indicates a possible transmission of FeHV-1 to humans and the possibility of its role as an aetiological (co)factor in ICR.

_Histology_

An interesting observation is that even in extensive lesions, the pulp is protected from the surrounding resorptive process by a narrow band of dentine (Figs. 2a–c). In some cases of ICR, the clinical and histological views of the lesion substantiate that bone-like tissue has replaced the fibro-vascular tissue located within the resorptive cavity (Figs. 3a & b). In the larger Class 3 and Class 4 lesions, communication channels

---

**Figure 1.** The results indicated that a history of orthodontic treatment was the most common sole factor, while other factors, mainly trauma and/or bleaching, were present in an additional 11 subjects. Trauma was the second-most common sole factor, with 31 teeth. Intracoronal bleaching, combined with other factors, had the third-most affected teeth. The pulp plays no role in the aetiology of ICR and remains normal until the ICR becomes very advanced.

**Figure 2a & b.** The pulp remains intact, encircled by a narrow band of dentine (red arrows). Histologically, the pulp remains intact and is protected from the extensive resorative lesion by a narrow wall of dentine (a). A low powered photograph shows the walling off of the pulp by dentine, protecting it from the surrounding extensive resorative process (b). (Slide adaptation reproduced with permission from Dr Geoffrey Heithersay.)

**Figure 2c.** High magnification of the distal orifice of a mandibular second molar being treated for ICR. The pulp remains intact encircled by a narrow band of dentine (bottom arrow). The affected dentine can be observed (middle arrow) and a possible distal penetration area (top arrow). (Slide adaptation reproduced with permission from Dr Raphael Bellamy.)

**Figures 3a & b.** Both the clinical view (a) and histological view (b) show how the dentine has been extensively replaced by a bone-like tissue. A mass of fibro-vascular tissue infiltrated with inflammatory cells is evident, located within a large resorptive cavity that has a wide connection with the periodontal tissue (large arrow). A small section of intact pulp can be seen on the superior aspect of the section (small arrow). Haematoxylin-eosin stain; original magnification X 30. (Reproduced with permission from Quintessence Publishing and Dr Henry Rankow.)
can be seen connecting with the periodontal ligament. Other channels can also occur within the internal aspect of the radicular dentine (Figs. 4a & b). The larger, more advanced lesions can be described as consisting of granulomatous bone-like fibro-osseous material with a canalicular structure that has extensions into the radicular dentine and periodontal tissue. Osteoclasts might be observed on the resorbing surface within the lacunae. Over varying amounts of time, the lesion expands apically and coronally, encircling the pulpal tissue that is protected by a thin wall of predentine and dentine.

**Clinical classification**

Heithersay’s clinical classification was developed as a guideline for treatment planning and comparative clinical research. The classification is shown diagrammatically in Figure 5. The classification allows the operator to determine the probable extent of treatment more precisely. The more extensive the lesion, the more complex the treatment options become.

- **Class 1**: Small invasive resorptive lesion with shallow penetration into dentine.
- **Class 2**: Well-defined invasive resorptive lesion close to the coronal pulp chamber.
- **Class 3**: Deeper invasion extending into the coronal third of radicular dentine.
- **Class 4**: A large invasive lesion extending beyond the coronal third of the root.

Normally, a Class 1 lesion can be successfully treated without much difficulty. Class 2 lesions often require minor gingival flap surgery for retraction to achieve adequate access and removal of the affected dentine, and to restore the defect. Class 3 lesions usually involve a surgical approach and/or orthodontic extrusion. Class 1 and 2 lesions can be treated predictably, but the success rate in treating Class 3 and 4 lesions drops dramatically. Thus, in general, as the classification increases, the prognosis decreases.

**Diagnosis**

The earlier the diagnosis, the more predictable the outcome of treatment will be. Owing to the nature of the lesion, treatment based on an incorrect diagnosis will usually result in continued progression of the resorptive process and eventual loss of the tooth.

Unfortunately, the smaller Class 1 lesion is often not discovered owing to its location beneath the gingival attachment, but will usually show a small radiolucency on a radiograph. The dental examination may reveal a slight irregularity in the gingival contour, which will bleed upon probing. It is my experience that Class 1 lesions are seldom found during routine dental examinations at this early stage.

One of the problems with early diagnosis is that the lesion is asymptomatic and can remain so even in the more advanced stages. Pulp testing will be of no value because the pulp remains unaffected until late in the process. However, the larger Class 2 lesion can present with more obvious clinical signs. For example, a patient notices a pinkish area on an anterior tooth. The discoloration is the result of osteoclastic activity replacing the radicular structure of the tooth with reddish granulation tissue that shows through the more translucent enamel.

Radiographically, the smaller Class 1 lesion can be confused with a carious lesion, internal resorption or adumbration (cervical burn-out) of the radiograph. If the lesion is a Class 2, Class 3 or Class 4, bitewing radiographs will often present an atypical radiolucency and the examining dentist will be more inclined to believe that it is not just a carious lesion. If the lesion is on the proximal surface of the tooth, the outline of the pulp can usually be observed. The larger lesions can also be misdiagnosed as caries or internal resorption. The usual indication that the lesion is not carious is the irregularity of the radiolucency and/or the radiopaque outline of the protective predentine layer of the pulp (Figs. 6a & b). By utilising varying angulation of the radiographs, internal resorption can be ruled out. If the lesion is due to internal resorption, it will remain centered what the direction, or “off-angle” the radiograph is taken. However, if the lesion is one of ICR, Clark’s Rule, or SLOB Rule, can be used to determine the location of the lesion (the most lingual object moves with the direction of the X-ray head). (Figs. 7a & b).

With the advent of Cone Beam Computed Tomography (CBCT), the clinician is given the opportunity to view teeth and anatomical entities in three dimensions. Compare with the typical periapical radi-
oographs (Fig. 8a). Even if numerous angles, a complete view of the extent of the lesion cannot be established with any definitive accuracy. The extracted tooth #16 was a hopeless Class 4 lesion involving most of the cervical half of the lingual surface and extending into the area (Fig. 8b). Three planes of sections can be evaluated with CBCT: the frontal/coronal (X), sagittal (Y) and axial (Z; Fig. 8c). The X plane moves anterior ⇔ posterior (B ⇔ L in the anterior teeth and M ⇔ D in the posterior). The Y plane moves left ⇔ right (M ⇔ D in the anterior and B ⇔ L in the posterior). The Z plane moves coronal ⇔ apical for all teeth in the dental arch. Depending on the machine, up to 512 slices of the field of view can be visualised. The slice thickness is variable, again depending on the machine, from nearly 0.1 to several mm. However, generally speaking, the thinner the slice, the higher the spatial resolution.\(^\text{12}\) When evaluating resorptive defects, higher resolution and 3-D images allow the experienced clinician to make a more definitive diagnosis and establish a confident and realistic plan for treatment, with a higher predictability of success.

In summary, the characteristic diagnostic signs that indicate that the lesion is a result of ICR are as follows:

- The tooth is asymptomatic.
- The pulp tests are within normal limits.
- The ICR defect moves with varying X-ray angulations.
- The protective pulpal wall is often intact and can be seen on the radiographs.
- The portals of entry are near the osseous crest.
- The portals of entry are difficult to locate clinically.\(^\text{13}\)

I suggest that during the initial dental examination the patient be asked whether any of the three major predisposing factors have occurred in their dental history (bleaching, trauma or orthodontics). ICR can occur in any permanent tooth and once found in a patient, it is important to initiate regular follow-up visits to ensure no further lesions occur.

**Treatment**

After the diagnosis of ICR has been confirmed, the treatment should be scheduled as soon as possible. If, for some reason this is not practical, the tooth should be monitored closely. The lesion can be very aggressive, so best not to wait for too long (Figs. 9a–c).

The Heithersay classification is of great help for advising the patient of the extent of treatment and gaining a better idea of the possible prognosis. The patient and doctor can decide on treatment together: (a) no treatment and extraction if the tooth becomes symptomatic; (b) extraction and possible replacement with an implant; or (c) to begin endodontic treatment in an attempt to eliminate the lesion and restore the tooth for as long as possible. In Class 1 and Class 2 cases, the patient must be advised that the treatment will probably be non-surgical but that the surgical approach may be necessary. In the more advanced Class 3 and Class 4 cases, the patient must be advised that both the non-surgical and surgical approaches will be necessary. Dental implants have become popular and, unfortunately, have led to a greater percentage of patients choosing the first two options.\(^\text{8}\) However, there are still enough pa-
invasive cervical resorption

patients who want to save their natural teeth, no matter what.

Heitersay developed what has become the standard guide for the treatment of ICR. Depending on the extent of the lesion, it is accessed either non-surgically or surgically. The granulation tissue is removed with either curettes or a round bur of varying sizes. During the removal of the bone-like tissue, 90% trichloroacetic acid (TCA) is applied with a small cotton pellet numerous times, with increasing pressure, to achieve coagulation necrosis. Using magnification, the fibro-osseous granulation tissue is removed until no communication channels are observed and the defect is lined with unaffected dentine, then restored with an appropriate restorative material. Endodontic treatment is performed when indicated. The aim of treatment is to eliminate all active resorbing tissue and restoration of the defect so the tooth can be maintained for as long as possible.4 It has been my experience that all Class 2 to 4 cases required endodontic treatment.

I wish to make something very clear. In the following cases, 90% TCA was not used. There was absolutely no disagreement about the use of TCA, but when the cases were treated, it was not available. The cases were treated with what was on hand. As a matter of convenience and necessity, Monsel's solution (MS), a 72% solution of ferric sulphate with sulphuric acid, was used. It had been used for many years as a coagulant when performing apical microsurgery. The use of MS to achieve coagulation necrosis when treating ICR over the years appeared to work well. As a result, the use of MS was continued.

First patient

In 1993, a 62-year-old male patient presented for an evaluation of tooth #21 (Fig. 10a). His general dentist had recommended that the tooth to be extracted. At that time, a definitive protocol for the diagnosis and treatment of ICR had not been established. But the patient wanted us to do something to save the tooth. Sensing the sincerity of the patient, we agreed to attempt the salvation of the tooth, but informed him that we could not guarantee the outcome. At that time, there were some practising endodontists participating in clinical research for Dr Torabinejad using mineral trioxide aggregate (MTA)

Figs. 8c, CBCT is essential to demonstrate the extent of the lesion and the amount of destruction that has occurred.

Figs. 9a–c. In a matter of just a few months, the lesion had advanced (a). The diagnosis was made (b). The patient was seen again in five months and was scheduled for treatment (c).

Figs. 10a–c. Pre-operative X-ray (a). Immediate post-op MTA fill (b). Seven-month FUV (c).

Figs. 10d–f. Immediate post-op radiograph following microsurgical recontouring and enhancement of previous MTA fill (d). The 44-month FUV indicated an intact periodontal ligament (e; red arrow). Pre-op radiograph for extraction of tooth at 81 months (f). When comparing (f) with (e), there appears the probability of a continuation of the resorptive process (arrow).

Figs. 9b, 10/12/00

Figs. 9c, 2/14/01

Figs. 10a, 10b, 10c, 10d, 10e, 10f

Fig. 10a

Fig. 10b

Fig. 10c

Fig. 10d

Fig. 10e

Fig. 10f
Clinical Masters Program in Implant Dentistry

March 2013 to September 2013, a total of 12 days in Heidelberg (DE), Como (IT), Gran Canaria (ES)

Program director: Dr. Marius Steigmann

Live surgery and hands-on with the masters in their own institutes plus online mentoring and on-demand learning at your own pace and location.

This comprehensive implant curriculum is composed of 100 hours of learning in four blended online and offline modules, covering all aspects of implant dentistry. It is unique due to the fact that each module covers a whole range for several specific topics of implant dentistry. For each specific topic, a focus module has been designed including a hands-on exercise. The overall course covers diagnostic, thorough planning, ideal implant placement, grafting (both basic and advanced), prosthetic planning and construction, soft tissue manipulation, complications management, as well as implant maintenance.

During each module, the participants will have the opportunity to practice their new skills on hands-on casts, porcine models, and to watch or assist live surgery.

Course fee: €11,900

Register by the end of 2012 and you will receive a complimentary iPad preloaded with premium dental courses.

Tel.: +49-341-48474-302
email: info@tribuneCME.com
www.TribuneCME.com

Discover the Masters’ secrets and enjoy three superb locations.

ADA CERP® Continuing Education Recognition Program

Tribune America LLC, a subsidiary of Henry Schein, Inc., a provider of products and services to dental professionals, is a reorganization of the American Dental Association's continuing education program. ADA CERP is the official certification authority for continuing dental education. ADA CERP recognizes providers of continuing dental education for their credits of general credit for their event. ADA CERP is a service of the American Dental Association. As an ADA CERP Recognized Provider, this event is accepted for 100 (100) C.E. credits.
I had used MTA on just a few patients previously and had some confidence that it might serve as a last hope in this case. The MTA was an easy material to work with and required moisture to set completely. After the access was created, the obvious haemorrhaging was difficult to control whenever more granulation tissue was removed using curettes and a #6 round bur. Ferric subsulphate (MS) was repeatedly used for haemostasis, then irrigated with a 50% sodium hypochlorite solution (NaCl) and rinsed with sterile water, then gently air dried using the Stropko Irrigator (DCI). Haemostasis was achieved and vision was maintained while using an Aus-Jena surgical operating microscope (SOM) fitted with a co-observer tube for the assistant.

After shaping to a #80 Kerr file at the terminus, and removing as much granulation tissue as possible, the canal system and defect were again copiously irrigated and dried as well as possible. Owing to the size of the apical opening, extra-large absorbent paper points (Kerr) were used to remove any remaining moisture and the entire case was obturated using MTA. The post-operative radiograph indicated that a significant amount of excess MTA was extruded (Fig. 10b). The patient was dismissed and reported no post-operative problems.

At the seven-month follow-up visit (FU V), the tooth #21 was totally asymptomatic, but I was concerned with the appearance of the very obvious overfill on the radiograph and wanted to eliminate the excess MTA with a surgical approach. If the patient was seen by another dental office in the future, one could imagine someone saying, “Who in the heck did this to your tooth?” (Fig. 10c). On the appointed day, a full gingival flap was created and access to the area was achieved. In order to minimise the vibration that would be created when trimming the excess MTA from the root surface, a high-speed surgical handpiece with fibre optics (Impact Air 45 Star Dental), fitted with a surgical length, taper fissure #1171 bur (SS White), was used. After a satisfactory root profile had been established, a very small, inverted-cone, surgical length #330 bur (SS White) was used to prepare any of the lesion’s periphery that was missed during the original non-surgical treatment. Once the necessary “troughing” had been completed, new MTA was added to the originally placed MTA for a more complete seal (Fig. 10d). Sutures were removed in a few days, and healing was uneventful. Regular FUVs were scheduled. A radiograph taken at the 44-month FU V was diagnosed as healing complete with an intact periodontal ligament (Fig. 10e).

About four years later, the patient returned with a three-unit fixed bridge replacement of tooth #21. The patient stated that tooth had become very loose and it was removed. The preoperative extraction radiograph was located (Fig. 10f). However, later comparison of the 44-month FU V to the pre-extraction radiograph indicated a possible continuation of the resorptive process— isn’t it amazing what you can see when the light is just right?
_Second patient_

A 64-year-old male patient presented for evaluation of tooth #17 because of the unusual appearance of the distal surface of the tooth. The previous clinical examinations and radiographs over the past ten months had diagnosed ICR (Figs. 11a–c). An updated radiograph was taken, all options were explained to the patient, and endodontic treatment was initiated (Fig. 11a).

The tooth was accessed and a gross removal of fibrous granulation tissue was achieved using curetage. The chamber was copiously irrigated with NaCl, rinsed and dried gently. The ICR dentinal defect and granulation tissue were evaluated to obtain a better understanding of its position in relation to the distal wall of the access and to the pulp tissue (Fig. 11b). A micro-brush dipped in MS was applied to the involved area (Fig. 11c). The MS is used for coagulation necrosis and to display the affected dentine that needs removal. It is not necessary to use copious amounts when applying the MS. Instead it is best to rely more on a sequence of repeated brushing with MS, irrigation with NaCl, rinsing and gentle drying. Study under the SOM at varying magnifications for affected dentine (Fig. 11d). Then, if necessary, remove more of the affected dentine using varying sizes of Munce burs (CJM Engineering; Fig. 11e). This process is repeated as necessary to achieve adequate vision. The floor of the access should be observed under the microscope at varying magnifications to determine whether any affected dentine remains. A celluloid strip was placed in the distal sulcus to act as a barrier to the flowable glass ionomer restoration (Fig. 11f). An epinephrine-soaked cotton pellet (EpiDry, Pascal) was also used to maintain haemostasis and enable the attempt at a non-surgical repair of the defect (Fig. 11g). The defect was etched and restored with a bonded glass ionomer, allowing the maintenance of sterility in the remaining chamber until the endodontic treatment had been completed. The pulp tissue was extirpated and canal system partially shaped. Enough calcium hydroxide (CaO\(_2\)) was injected into the canals to cover the floor of the chamber, capped with a cotton pellet, and sealed with a bonded composite as a temporary restoration.

Two weeks later, the patient was scheduled to complete the endodontic treatment. During the process, a #6 file separated in the apical third of the distobuccal canal and had to be retrieved. At the final visit, the canal system was obturated using a Calamus (DENTSPLY Tulsa) for the injection of pre-warmed gutta-percha to the terminus. A bonded composite core was placed to seal the rest of the canal system and facilitate future restoration with a crown (Fig. 11h). The restorative dentist extended the distal margin of the full crown well apical to the distal defect for a good seal. The four-year FUV radiograph demonstrated complete healing (Fig. 11i).

_Figs. 12a–c_. The pre-op radiograph clearly demonstrates the appearance of the protective layer and the typical mottled radiolucent appearance of the resorptive lesion (a). The radiograph immediately after non-surgical obturation and surgical repair of the lesion (b). Normal healing is apparent in the four-year FUV radiograph (c).

_Third patient_

A 47-year-old male patient presented for evaluation of "a small area of tingling, or numbness to the right of the nose". The initial radiograph was classic for ICR (Fig. 12a). All options were explained, and endodontic treatment was initiated.

The tooth was accessed, and as much fibrous granulation tissue was removed as possible. Monsel's solution was applied using a micro-brush to achieve coagulation necrosis. Then the chamber was irrigated with NaCl, rinsed with sterile saline, and gently dried using the Stropka Irrigator. The floor of the access was observed under the microscope at varying magnifications to determine whether any affected dentine was present. Any remaining affected dentine was efficiently removed with various Munce burs. Then CaO\(_2\) was sealed in with a bonded composite as a temporary restoration.

Two weeks later, the patient was seen in order to complete the non-surgical part of the treatment. The final shaping and cleaning was done, and the canal was filled to the terminus by injection of pre-warmed gutta-percha using a Calamus. A bonded FibreKor post (Pentron) with a bonded composite core (Core Paste, DenMat), was placed to seal the rest of the canal system and DenMat Marathon to repair the access opening. Then a simple flap was reflected to expose the lingual defect so it could be prepared and restored with bonded Geristore (DenMat; Fig. 12b). Healing was uneventful, and the numbing sensation beside the patient’s nose was resolved. The radiograph at the four-year FUV showed uneventful healing (Fig. 12c).

_Fourth patient_

This 64-year-old male patient was referred by his general dentist because of the unusual radiographic appearance of tooth #43 (Fig. 13a). Even though there were no symptoms present, the referring doctor was
concerned about the integrity of the tooth. Routine off-angled periapical radiographs were taken. The distal off-angled radiograph clearly indicated that the lesion was on the lingual surface of the tooth (Fig. 13b). Both radiographs clearly showed the thin predentine/dentinal wall protecting the pulp. His dental history revealed that he had had complete orthodontics during his early teens. In addition, the patient stated that tooth #43 had become misaligned about 20 years ago. In order to correct the misalignment of the tooth, the doctor reduced the tooth on each side and repositioned it with a removable appliance. Clinical examination was essentially within normal limits, except that a 4-6-4 mm periodontal probing of the lingual tissue resulted in moderate bleeding. All teeth in the posterior quadrants had been restored with full porcelain coverage. The diagnosis was clearly a Class 3 ICR. All things were explained to the patient, and we agreed to be as conservative as possible during treatment. At the time, I had no idea what a learning experience this case would be.

At the first visit, the initial access confirmed the diagnosis. The granulation tissue consisted of granules of bone-like haemorrhagic tissue (Fig. 13c). The pulp wall was very thin, and pieces would come out with the granulation tissue. During the curettage, the fibrous tissue resembled a “crumbling sponge made of bone that was soaked with blood”. Pieces of tissue were sent to an oral pathology laboratory for the following definitive diagnosis:

**Microscopic description:** Histological examination reveals multiple pieces of soft and hard tissue composed chiefly of inflamed granulation and fibrous connective tissues with bone and tooth structure. The granulation and fibrous tissues consist of interfacing bundles of dense to more delicate collagen fibres supporting varying numbers of fibroblasts, fibrocytes and small blood vessels. A mild infiltrate of chronic inflammatory cells, chiefly lymphocytes and plasma cells, is present within this tissue. Also prominent within our specimen are scattered trabeculae of bone containing osteocytes within lacunae, as well as fragments of dentinal tooth structure and calcified debris.

**Diagnosis:** Right posterior mandible, lingual aspect of tooth #43. Histological findings consistent with idiopathic external resorption.

Gradually, as more of the tissue was removed, the bleeding noticeably decreased, but haemostasis was not achieved. As an interim medication, a thick mixture of white MTA was firmly placed into the chamber, covered with a sterile cotton pellet and temporarily restored with a bonded composite (Fig. 13d). During the initial examination, pulp testing indicated a normal pulp, and I was wondering whether the vitality of the tooth could possibly be maintained at that point. All options, including the possible need for conventional root-canal treatment, were explained. Both the doctor and patient agreed to attempt to maintain the vitality of the tooth. The patient was rescheduled for a second visit in about two weeks.

During the second visit, the chamber was re-opened, the MTA was eliminated and more granulation tissue was removed with small curettes. Under varying high magnifications of the microscope (Global Surgical Corporation), as much of the remaining affected dentine was removed with Munce burs, and the remaining pulp tissue was identified. After irrigation with NaCl, an additional few millimetres of the pulp was removed and a pellet of grey MTA was placed into the canal using a medium Dowgan MTA Carrier (Quality Aspirators; Fig. 13e). CaOH was then placed, covered with a cotton pellet, and sealed in with a bonded composite temporary (Fig. 13f). To allow for a complete set of the MTA, the patient was scheduled two days later for a third appointment.

On this third visit, the CaOH was removed, and the floor of the defect was lightly brushed with Munce burs of various sizes and studied under varying magnifications until no affected dentine was observed. The chamber was irrigated with NaCl, rinsed, gently dried and etched with 35% phosphoric acid gel (Ultra-etch, Ultradent). A bonded core was placed.
The most recent FUV occurred after over eight years (Fig. 14a). An FUV was scheduled for two months later.

At the two-month FUV, the periapical radiograph revealed that the response to treatment was not as expected. The ICR lesion had significantly progressed in that short time (Fig. 13h). All options were discussed with the patient, but there was no doubt that conventional endodontic treatment, followed by surgical repair of the lesion would be necessary.

During this visit, adequate access was created to remove the previously placed MTA. Using Gates Glidden burs and a #4 round bur, more affected dentine was removed in the coronal aspect of the canal. The canal system was then shaped and cleaned to the terminus, and CaOH was sealed in with a bonded composite temporary (Fig. 13i). After about ten days, the canal system was obturated by the injection of pre-warmed gutta-percha and a bonded fibre post with a composite core was placed (Fig. 13j).

A sulcular flap was reflected enough to adequately access the ICR lesion. The lesion was at the lingual crestal bone and had been slightly stained from the previous use of Monsel’s Solution (Fig. 14a). After gross removal of the remaining granulation tissue and affected dentine, more solution was applied with a micro-brush to achieve coagulation necrosis and the stained affected dentine was removed using smaller Munce burs (Fig. 14b). The process was repeated until all affected dentine had been removed. After the preparation had been completed, a bonded Geristore was placed (Fig. 14c). A radiograph from a normal view indicated that the restoration was appropriate (Fig. 14d). A radiograph was taken from a distal off-angle view to ensure that post-operative integrity had been achieved (Fig. 14e).

The patient was followed at regular intervals. The most recent FUV occurred after over eight years post-operatively. The patient remained asymptomatic from the beginning to the end of the entire treatment process. The recent buccal view does show a slight grey shadow in the cervical half of the tooth as a result of the earlier use of the MTA when trying to maintain the vitality of the pulp (Fig. 14f). Apart from normal staining, the lingual view was within normal limits and the periodontal probing was still 5 mm (Fig. 14g). The post-operative radiographs indicate complete healing with good integrity of the fill (Figs. 14h & i). Note that the excess filling material from the original obturation (Fig. 13i) was resolved.

**Discussion**

Unfortunately, ICR is normally not detected in its early stages and/or is often misdiagnosed. By the time it is discovered, the resorptive process is advanced enough to be at least a Class 2 or worse. Fortunately, ICR is not a very common occurrence in an endodontic practice, though it can be quite demanding of our time. Some Class 2 ICR cases and all Class 3 and Class 4 cases, with rare exception, will involve conventional endodontic treatment.
The diagnosis of ICR is made more precise with currently available radiographic technology. Digital radiographs and CBCT have set a new standard of clinical management, allowing more predictable results with less stress. The 3-D view presented by CBCT removes many of the unknowns from the diagnosis.

In today’s world, the use of a surgical operating microscope (SOM) is essential to enable the operator to overcome the difficulty of treating ICR cases. The variable magnification and superior lighting of the SOM give the operator the enhanced vision necessary to treat ICR cases with less stress and a higher probability of success. Having a dental assistant involved, using a co-observer tube during any dental procedure, is an incredible help because now he or she is able to see what you see at the time you see it and better anticipate what is needed next.

In all cases presented, Monsels solution (MS) was used successfully for coagulation necrosis. Based on an early report, I used it routinely during microsurgery for crypt management.\(^\text{15}\) As a result, when the first case of ICR presented for treatment, 90% TCA acid was not a familiar alternative protocol. Having never used TCA, I can offer no comparison or comment. The original protocol for the clinical management of ICR using 90% TCA, suggested by Heithersay in 1999, is still the most popular and well-documented. There are various techniques for restoring a tooth with ICR, as previously described in the literature, that are different from what is presented in this publication. However, the real purpose in the treatment of ICR was, and still is, to eliminate as much of the affected dentine as possible. If this is not achieved, the process will progress and be a disaster for the tooth.

While MTA was extensively used in the first case presented (Figs. 13a–g), I do not intend to suggest the use of it as a material for the repair of ICR defects. I did that case almost 20 years ago. Today the materials of choice would be bonded glass ionomers or composites for their strength and adhesiveness. MTA is currently used as a pulp capping material, for perforation repairs or as a restorative material for the repair of a radicular defect that is apical to the osseous crest.

It is important to remember that unless the challenge to treat a seemingly hopeless or extremely difficult case is accepted, the opportunity to learn what can be accomplished is lost. Experience has shown that in such cases there have been more pleasant and favourable surprises than unpleasant results. As William F. O’Brien said, “It is better to try and fail, than to not try at all.” Hindsight is always 20–20, and it is one of the best teaching tools we always have at our disposal. The important thing is to learn from our mistakes and those of others.

If a tooth can be saved for only a few years, the rapid advancement of technology will permit a significantly better treatment in the future. So, if an opportunity is presented to save the tooth, then why not? If the question remains, the words of Dr Herbert Schilder are pertinent, “Make yourself the patient, and you have the answer!” The important consideration is what is in the best interest of the patient. Remember, an implant can always be done, and should be the last resort.

In conclusion, the quote from Dr Henry Rankow gives the best explanation of the predicament presented for the clinical management of this lesion, “ICR is an ‘outside-in’ problem that is very difficult to treat ‘inside-out’!”

I wish to acknowledge Dr Geoffrey Heithersay for establishing the protocol in the diagnosis and clinical management of ICR. In addition, I would like to thank Dr John Hughes for enabling me to become a member of this incredible specialty and Dr Herb Schilder (deceased), who instilled the passion in many of his students for predictability in endodontic procedures. Thanks also to Dr Kent Banta and Dr Tom McClammy for being there when needed for technical issues. Most important of all, I want to acknowledge Barbara, my wife, my chairside assistant and constant support for the past 30 years, in our journey toward excellence in endodontics.

Editorial note: A complete list of references is available from the publisher.
Live, Interactive Webinars and On Demand Courses

A growing education platform where you can find more than 400 dental courses, live Webinars, live Education Symposia.

Interested in C.E. credits and quality learning? Interested in sponsoring education?

Learn from the experts:

Richard Niederman
Louis Malcmacher
Eduardo Mahn
Robert Horowitz
Paul Weigl
Shamshudin Kherani
Christian Coachman
Ron Kaminer
Edgar Garcia Hurtado
Glenn van As
Marc Gottlieb
John Fluke

Marius Steigmann
David Hoexter
Dwayne Karateew
Fotinos S. Panagakos
George Freedman
Howard S. Glazer
Lynn Mortilla
Maria Emanual Ryan
Michael Glick
Peter Barry
Barry Levin
Fay Goldstep

Some of our partners:

“83% of the dentists visited the exhibiting sponsors as a result of attending the Symposia.”

this is what we’ve learned from our customers

Register for FREE on www.DTStudyClub.com

How to receive your C.E. Credits?

1. Go to www.DTStudyClub.com and log in.
2. Not a member yet? Register for a free account.
3. Find the courses you’re interested in and register to access them.
4. Watch the course.
5. Take the Quiz and print the C.E. certificate.

ADA CERP® Continuing Education Recognition Program

ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry.
Iatrogenic errors before and after non-surgical root-canal treatment

Author  Dr Rafaël Michiels, Belgium

Several reports in the literature describe iatrogenic errors during root-canal treatment. The most common errors include perforations, ledging, transportation, zipping, overextension, file separation and underfilling. Little emphasis is placed on the preparation of a tooth before starting root-canal treatment, or on the finishing of the tooth after obturation of the root-canal system. On various online forums and in several clinical articles, beautifully executed root-canal treatments are shown with coronal restorations that are less than ideal. This is a serious problem, since it has been demonstrated that a successful outcome depends not only on adequate root-canal treatment, but also on adequate coronal restoration. In this article, I will elaborate on these aspects and present a case as an example.

Before starting root-canal treatment

As endodontists, we are specialised in the treatment of root-canal systems. However sometimes we focus on this only, forgetting that there is more to a tooth than a root. When a patient comes into our office, often he will have (a) symptomatic apical periodontitis. Whether the tooth has been treated before is somewhat irrelevant in the scope of this article. The first thing that we, as practitioners, should try to determine is the cause of the problem. The most cited causes are previous inadequate root-canal treatment, primary decay, recurring decay, worn restorations and poor restorations overall. If the tooth has not undergone root-canal treatment previously, then the cause of the problem is most likely one of the...
coronal factors. It is important to address this. After all, what is the point of performing a beautiful root-canal treatment if the primary cause of the problem is not treated?

The best way to do this is by removing the old restoration completely, followed by full caries removal. This may sound logical, but it is not. There are certain disadvantages with this approach, and it is these disadvantages that guide many practitioners in their decision-making. Removing an existing restoration might result in the sacrifice of healthy tissue and it might make it more difficult to obtain proper isolation with a rubber dam. Another factor is time; removing an old restoration is time-consuming and even more so if a build-up is required before endodontic treatment. These are some reasons that many practitioners choose to leave the old restoration in place. This can compromise the treatment outcome and is a risk that can be avoided.

Fortunately, there are advantages too. By removing the old restoration and subsequently all the caries, the practitioner eliminates one of the major causes of failure and can assess immediately whether the tooth is restorable and thus avoid unnecessary treatment. Another advantage is that it is necessary to fabricate a completely new restoration afterwards, which avoids patching up of old restorations. Overall, the advantages are greater than the disadvantages and the only thing it requires from the practitioner is a change in behaviour and some perseverance.

After root-canal treatment

Once root-canal treatment has been completed, often we need to send the patient back to the referring dentist. In this case, an adequate temporary restoration must be placed. Typically, a temporary filling material like Cavit (3M ESPE) or a glass ionomer cement is used. A cotton pellet or some other form of space maintainer is generally placed underneath this temporary filling. This is done because the referring dentist then has easier access to the pulp chamber so that he can gain better retention when placing the permanent restoration. There are several disadvantages to this approach. Leaving space between the temporary restoration and the canal orifices puts the patient at risk of contamination. As practitioners we cannot guarantee that the patient will show up for the permanent restoration, sometimes the appointment is cancelled for a variety of reasons. Another risk is fracture of the restoration and/or tooth. If that happens the gutta-percha can be exposed to saliva, which too might lead to contamination. Ideally, however, the tooth should be restored immediately after the root-canal treatment has been carried out. This means that the endodontist places the permanent restoration.

Advantages with this approach are:

- It saves the patient a visit to his regular dentist.
- The tooth is already isolated, creating the ideal environment for a restoration.
- It saves the referring dentist time, which he can spend on other treatments.
- It offers the endodontist some variety in the treatments he performs, enabling him to broaden his skill set.

Again, this only requires a change in behaviour of the practitioner and some perseverance. It will also require that the referring dentist allow the endodontist to place the restoration. The endodontist will have to upgrade his skills, so that he can also create beautiful coronal restorations.

Following, is a case that illustrates the advantages and disadvantages of the above-mentioned approaches.
Case report

When I had just graduated as an endodontist, a 36-year-old male patient was referred because he was experiencing some mild pain in his left mandibular second molar. I was acting as a third-line practitioner in this case. Another endodontist did not wish to begin treatment and finally referred the patient to me.

The tooth was diagnosed as having symptomatic apical periodontitis and was previously treated inadequately, including a separated instrument in one of the mesial canals (Fig. 1).

In the first visit, I removed the gutta-percha from the mesiolingual canal, and cleaned and shaped it completely. The separated instrument was located in the mesiobuccal canal, but I could not remove it completely. I left the distal canal untouched. Calcium hydroxide was used as an inter-appointment dressing, and the tooth was restored with a cotton pellet and glass ionomer cement. An initial error was made by not removing the old restoration and caries completely.

One month later the patient returned in agony. When I re-opened the tooth, a great deal of pus and blood came out of the tooth. I then tried to bypass the remainder of the fragment in the mesiobuccal canal, but perforated the root with a 15.04 ProFile (DENTSPLY Maillefer; Fig. 2). I also retreated the distal canal in this session and fractured a small piece of a 25.06 ProFile in the apical part, but could bypass it. I then filled the canals again with calcium hydroxide and sealed the tooth with a glass ionomer filling.

One month later, I saw the patient again for the completion of the treatment. He no longer had any symptoms. I restored the perforation with grey MTA-Angelus (Fig. 3). I obturated the canals with gutta-percha and Topseal (DENTSPLY Maillefer) using warm vertical condensation. I sealed the cavity with Fuji IX A1 (GC) immediately on top of the gutta-percha (Fig. 4). I then referred the patient back to the dentist for a permanent restoration, with the explicit advice to have the distal restoration replaced too.

Nine months later the patient returned to my office for another tooth. I decided to take a follow-up radiograph of the left mandibular second molar to see if healing was favourable. The patient had not experienced any complaints since I completed the treatment and the radiograph showed a favourable apical outcome. However, the permanent restoration was less than ideal (Fig. 5). I had to refer the patient back to the dentist for a new restoration.

Conclusion

Looking back upon this case, I can conclude that I should have removed the old restoration and the caries at the start of the treatment. Positively, it was good that the glass ionomer filling was placed immediately above the canal orifices, preventing contamination via a leaky restoration. Ideally, I should have finished the restoration myself.

It required a change in my behaviour and some perseverance to begin to perform cases in accordance with the afore-mentioned approaches, as can be seen in Figures 6, 7 and 8.

about the author

Dr Rafaël Michiels graduated from the Department of Dentistry at Ghent University, Belgium, in 2006. In 2009, he completed the three-year postgraduate programme in endodontics at Ghent University. He works in two private practices specialised in endodontics in Belgium. He can be contacted at rafael.michiels@ontzenuwen.be and via his website www.ontzenuwen.be
2013
Moscow
The 34th Moscow International Dental Forum
Dental-Expo
international dental fair
September 16-19
Crocus Expo exhibition grounds
www.dental-expo.com
DENTALEXPO®
Fluid dynamics of syringe-based irrigation to optimise anti-biofilm efficacy in root-canal disinfection

Authors_ Dr Christos Boutsioukis, Netherlands, & Dr Anil Kishen, Canada

_Bacterial biofilm as a therapeutic target_

A mature bacterial biofilm is composed of multiple layers of bacteria embedded in a self-made matrix formed of extracellular polymeric substance. This substance has the potential to modify the response of the resident bacteria to antimicrobials by acting as a shield against the chemical effects of antimicrobials. There is also a localised high density of bacterial cells in a biofilm structure. This spatial arrangement will expose the cells in the deeper layers of the biofilm to less nutrients and redox potential than the cells on the biofilm surface. Since the degree of nutrient and gas gradients increases with the thickness and maturity of a biofilm, the influence of growth rate and oxygen on the antimicrobial resistance is particularly marked in aged biofilm. The resistance associated with biofilm bacteria is further associated with the slow growth rate (starvation) and/or due to the adoption of resistant phenotypes in bacteria residing in a biofilm. It is apparent that different mechanisms may act in concert within the biofilm, and amplify the effect of small variations in the susceptible phenotypes (Dunne et al. 1993; Costerton et al. 1994). Thus from a clinical perspective, bacteria are observed to demonstrate considerably high resistance to antimicrobials when they are in a biofilm (Kishen 2012).

The current concepts in endodontic microbiology emphasise endodontic disease as a biofilm-mediated infection. Ricucci and Siqueira (2010) found a very high prevalence of bacterial biofilms in the apical root canals of both untreated and treated teeth with apical periodontitis. The pattern of arrangement of bacterial communities in the root canal is noted to be consistent with the acceptable criteria for including apical periodontitis in the set of biofilm-mediated diseases. They also suggest that the biofilm morphology/structure varied from case to case, and no unique pattern for endodontic infections was determined. Elimination or significant reduction of endodontic bacterial biofilms is essential for successful outcomes of endodontic treatment (Fig. 1). However, clinical studies have demonstrated that even after meticulous chemomechanical disinfection and obturation of the root canals bacteria may persist in the un-instrumented portions and anatomical complexities of the root canal (Nair et al. 2005). It is vital to comprehend that the limitations in endodontic disinfection are not just due to the biofilm mode of bacterial growth in the root canals. The complexities of the root-canal system, in addition to the structure and composition of the root dentine, play a decisive role in limiting the efficacy of endodontic disinfection. Nair et al. (2005) demonstrated that following one-visit conventional endodontic treatment the teeth revealed microbial biofilm in the inaccessible recesses and diverticula of instrumented main canals, the intercanal isthmus and accessory canals. The mainlimiting factors in conventional irrigation are the complexity of the root-canal anatomy, the ultrastructure of the dentine and the characteristics of the bacterial biofilms (Kishen 2010). Attempts to surmount these limitations have recently led to renewed interest in understanding the fluid dynamics associated with different root-canal irrigation techniques through numerical and experimental investigations.
General considerations of fluid dynamics in irrigation

Endodontic irrigants are primarily liquid antimicrobials used to combat microbial biofilms within the root-canal system. The process of delivery of irrigants within the root canal is called irrigation, and irrigation dynamics deals with how irrigants flow, penetrate and exchange within the root-canal space, and the forces produced by them. Hence, in endodontic disinfection, the process of delivery is as important as the antibacterial characteristics of the irrigants. The overall objectives of root-canal irrigation are (a) to inactivate bacterial biofilms, inactivate endotoxins, and dissolve tissue remnants/smear layer (chemical effects) from the infected root canals; and (b) to allow the flow of irrigant throughout the root-canal system in order to detach the biofilm structures and loosen/flush out the debris from the root canals (mechanical effects).

The chemical effectiveness will depend upon the concentration of the antimicrobial irrigant, the area of contact and the duration of interaction between irrigant and infected material. The mechanical effectiveness will depend upon the ability of irrigation to generate optimum streaming forces within the entire root-canal system. Mechanical effects can be produced even by inert irrigants (e.g. water, saline), but chemical effects are only exerted by chemically active solutions (e.g. sodium hypochlorite). The final efficiency of endodontic disinfection will depend upon its chemical and mechanical effectiveness (Gulabivala et al. 2005; Haapasalo et al. 2005). Currently, there is no consensus on the relative importance of these effects for the overall success of root-canal treatment; therefore, efforts to maximise both effects seem justified. Even the most powerful irrigant will be of no use if it cannot penetrate the apical portion of the root canal, interact with the root-canal wall and exchange frequently within the root-canal system (Druttman & Stock 1989; Mott 1999; Tilton 1999; White 1999; Seal et al. 2002). However, over-enthusiastic efforts to deliver the irrigant may result in its inadvertent extrusion towards the periapical tissue (Hülsmann et al. 2009). Depending on the irrigant, severe tissue damage, pronounced symptomatology and possibly delayed healing may develop, as documented in a number of case reports (e.g. Hülsmann & Hahn 2000; Gernhardt et al. 2004; Bowden et al. 2006; Pelka & Petschelt 2008; Behrents et al. 2012). Therefore, irrigant penetration should be kept within the confines of the root-canal system and a critical balance should always be maintained between efficient cleaning and prevention of irrigant extrusion (Haapasalo et al. 2010), especially when chemically active irrigants are used.

In general, root-canal irrigation can be regarded as the flow of a liquid (irrigant) within an irregularly shaped domain (root-canal system). Consequently, a fluid dynamics approach would be appropriate for elucidating the procedures of root-canal cleaning and disinfection. The above-mentioned objectives of root-canal irrigation can be restated briefly in terms of fluid dynamics as:

- Flow of the irrigant to the full extent of the root-canal system and subsequently to the canal orifice in order to come into close contact with microbes, debris and tissue remnants, and carry them away;
- Frequent refreshment and mixing of the irrigant in order to retain a high concentration of its active component(s) and compensate for its rapid consumption (for chemically active irrigants);
- Application of force to the canal wall (wall shear stress) in order to detach/disrupt microbes/biofilm, debris and tissue remnants;
- Restriction of the flow within the confines of the root canal and prevention of irrigant extrusion towards the periapical tissue (Boutsikoukis 2010).
Irrigation delivery techniques are frequently categorised as positive-pressure or negative-pressure, according to the mode of delivery employed (Brunson et al. 2010). In positive-pressure techniques, the pressure difference that is necessary for irrigant flow is created between a pressurised container (e.g. a syringe) and the root canal, where the pressure remains much lower (nearly atmospheric). Irrigant is delivered deep inside the root canal, usually by a needle, and then flows towards the canal orifice, where it is evacuated by a suction system. In negative-pressure techniques, the irrigant is delivered passively near the canal orifice at nearly atmospheric pressure and a suction tip placed deep inside the root canal creates a pressure difference. The irrigant then flows from the orifice towards the apex, where it is evacuated.

Perhaps the most traditional method of positive-pressure irrigant delivery is by a syringe and a needle. Despite the development of various irrigation systems, conventional syringe irrigation remains widely accepted (Ingle et al. 2002; Peters 2004; Dutner et al. 2012). However, over the years it has been argued that the performance of root-canal irrigation is limited mostly because syringes and needles fail to deliver the irrigant to all the parts of the complex root-canal system (Ram 1977; Rosenfeld et al. 1978; Druttman & Stock 1989; Haapasalo et al. 2005). A detailed evaluation of the irrigant flow developed during syringe irrigation could provide some insight into this problem.
Most studies on root-canal irrigation have focused on the direct outcomes of irrigation, that is, debridement, tissue dissolution, antimicrobial action or removal of the smear layer, employing a trial-and-error approach and speculating on the aetiology. Few studies have actually attempted to evaluate directly the flow developed within the root canal (e.g. Teplitsky et al. 1987; Druttman & Stock 1989; Kahn et al. 1995; Bronnec et al. 2010a; Boutsiouskis et al. 2009; Shen et al. 2010), which is probably the dominant phenomenon during root-canal irrigation and the primary cause of both the chemical and mechanical effects.

The flow of irrigants is affected by their physical properties, mainly density and viscosity (White 1999). "Density" describes the amount of mass present in a certain volume of the irrigant, and "viscosity" describes the resistance of the irrigant to motion (Mott 1999; Tilton 1999; White 1999). For commonly used endodontic irrigants, these properties are very similar to those of distilled water (Guerrisoli et al. 1998; Van der Sluis et al. 2010), which can be explained by the fact that irrigants are mainly sparse aqueous solutions. The surface tension of endodontic irrigants and its decrease by wetting agents (surfactants) has also been studied extensively, under the assumption that it may have a significant effect on irrigant penetration in dentinal tubules and accessory root canals (Abourass & Patonai 1982; Taşman et al. 2000) and on dissolution of pulp tissue (Stojicic et al. 2010). However, while density and viscosity affect the flow in all cases, the effect of surface tension is important only at the interface between two immiscible fluids (e.g. between irrigant and an air bubble, but not between irrigant and dentinal fluid; White 1999; Kundu & Cohen 2004). Should an air bubble occupy the apical part of the root canal (Tay et al. 2010), surface tension effects could be important, but it is unlikely that bubble entrapment is a common issue during root-canal irrigation. Recent studies have also confirmed that surfactants do not enhance the ability of NaOCl to dissolve pulp tissue (Clarkson et al. 2012; Jungbluth et al. 2012) or the ability of common chelators to remove calcium from dentine (Zehnder et al. 2005) or to remove the smear layer (Lui et al. 2007; De-Deus et al. 2008).

Syringes of variable capacity, ranging from 1 to 10 ml (Abou-Rass & Piciccino 1982; Kahn et al. 1995; Ram 1977; Moser & Heuer 1982; Chow 1983; Sabins et al. 2003; Lee et al. 2004; Sedgley et al. 2005), have been used. Although little attention has been given to the size of the syringe, it can affect the force needed to irrigate at a certain flow rate (Boutsiouskis et al. 2007a). The flow rate is defined as the volume of irrigant delivered per unit time. (Mott 1999). A common error among clinicians, which is also reproduced in several irrigation studies, is that delivery of the irrigant at a high flow rate is erroneously termed "forceful delivery" or "delivery under pressure". During syringe irrigation, a clinician applies force to the plunger of the syringe. This force is transmitted to the irrigant in the syringe, where pressure builds up. A clinician will need to apply different amounts of force and will feel different levels of difficulty in pushing the plunger when syringes of different size are used, even if the pressure actually developed is identical (Tilton 1999). Larger syringes are more difficult to depress. Hence, the clinician cannot draw reliable conclusions about the pressure.
In order to increase the efficiency of syringe irrigation, different needle types have been proposed (Moser & Heuer 1982; Kahn et al. 1995; Yamamoto et al. 2006; Vinothkumar et al. 2007; Boutsios et al. 2010b; Shen et al. 2010; Fig. 2). The type of the needle has a significant effect on the flow pattern developed (Fig. 3), while other parameters such as needle insertion depth, root-canal size and taper have only a limited influence (Boutsios et al. 2010a, 2010b, 2010c, 2010d, 2010e). Based on the resulting flow, the available needle types can be categorised into two main groups, namely closed-ended and open-ended (Boutsios et al. 2010b). Both needle groups create a jet at their outlet, but the shape of the outlet determines the orientation and, to some extent, the intensity of the jet.

In the case of open-ended needles (flat, bevelled, notched), the jet is very intense and extends along the root canal to their tip. Within a certain distance, which also depends on the geometry of the root canal and the insertion depth of the needle, the jet appears to break up gradually. Reverse flow towards the canal orifice occurs near the canal wall. The jet formed by the flat and bevelled needle is slightly more intense and extends farther apically than the notched needle. The overall performance of the bevelled and the notched needle is slightly inferior to that of the flat needle. Furthermore, the bevelled needle was originally designed for injections and its sharp tip poses a significant risk of injury to both the patient and the dentist, combined with an increased possibility of wedging inside the root canal, so it should not be used for root-canal irrigation (Boutsios et al. 2010b).

In the case of closed-ended needles (side-vented, double side-vented), the jet of irrigant is formed near the apical side of the outlet (the one proximal to the tip for the double side-vented needle) and is directed apically with a small divergence. The irrigant mainly follows a curved path around the tip and then towards the coronal orifice. A series of counter-rotating vortices (rotating flow structures) are formed apical to the tip. Their size, position and number may differ according to needle insertion depth, root-canal size and taper, and flow rate. The velocity of the irrigant inside each vortex decreases significantly towards the apex. The distal outlet of the double side-vented needle has only a minor influence on the overall flow pattern because most of the irrigant flows out through the proximal outlet, so it provides no significant advantage (Boutsios et al. 2010b). Contrary to previous reports (Kahn et al. 1995), turbulence is not developed at flow rates up to 0.26 ml/s, but it may develop at higher, clinically unrealistic flow rates (Boutsios et al. 2009, 2010a; Verhaagen et al. 2012). It is possible that formation of vortices and unsteady flow were mistaken for turbulence in the past.
FDI 2013 Istanbul
Annual World Dental Congress
28 to 31 August 2013 - Istanbul, Turkey

Bridging Continents for Global Oral Health
Irrigation needles are available in various sizes, which are most frequently described by the gauge system (Boutsioukis et al. 2007b). These units are not directly comparable to clinically related units like the size of endodontic files and obturation materials; thus, an intermediate conversion to millimetres may be useful (Table 1). In the past, large needles (21–25G) were commonly employed (Brown & Doran 1975; Ram 1977; Salzgeber & Brilliant 1977; Chow 1983; Teplitsky et al. 1987). Such needles could hardly penetrate beyond the coronal third of the root canal, even in wide root canals. More recently, the use of finer-diameter needles (28 or 30G) has been advocated (Sedgley et al. 2004; Zehnder 2006; Huang et al. 2008; Bronne et al. 2010b), mainly because they can reach farther into the canal, even to working length (WL), and thus may result in better irrigant exchange and cleaning (Ram 1977; Chow 1983; Druttman & Stock 1989), but also because they may be more effective than larger-diameter needles even when positioned at the same depth (Chow 1983; Bronne et al. 2010b).

Assuming other parameters are kept constant, the use of a larger needle would result in a decrease in the space available for irrigant flow between the needle and the root–canal wall. This decrease has been associated with either increased apical pressure for open-ended needles or decreased irrigant refreshment apical to the tip for closed-ended needles, as will be explained below in the relevant sections (Boutsioukis et al. 2010d, 2010e). Therefore, the use of a larger needle would not provide any advantage, apart from decreasing the clinician’s effort in pushing the syringe plunger (Boutsioukis et al. 2007a).

The effect of tooth orientation (mandibular, maxillary, horizontal) on irrigant flow has been found to result in only minor differences in the resulting flow (Boutsioukis 2010; Boutsioukis et al. 2010a, 2010b). In a single-phase system, such as a root canal completely filled with the irrigant, gravity affects the flow through hydrostatic pressure. The latter is very low compared with the dynamic pressure developed owing to the flow of the irrigant. A noteworthy case in which tooth orientation may be important is when an air bubble is trapped in the apical part of the root canal (apical vapour lock), so a two-phase system is created (air and irrigant; De Gregorio et al. 2009; Tay et al. 2010; Vera et al. 2011, 2012). The air bubble could block irrigant penetration and, since air has a lower density than irrigants, it would tend to remain apical in a maxillary oriented root canal, if undisturbed, owing to buoyancy. However, routine trapping of air bubbles in the apical part of the root canal during endodontic treatment has not been shown and remains a speculation.

_Irrigant refreshment_

Irrigant exchange in the various parts of the root–canal system is a crucial requirement for ensuring adequate chemical effect, since irrigants are rapidly inactivated when they come into contact with tissue remnants or microbes (Moorer & Wesselink 1982; Druttman & Stock 1989; Haapasalo et al. 2005). Needle type appears to have a significant effect on the extent of apical irrigant exchange. Earlier reports argued that closed–ended needles are more efficient than open–ended ones (Kahn et al. 1995; Vinothkumar et al. 2007). However, recent studies have clarified the limitations in the irrigant refreshment apical to closed–ended needles and clearly proven their inferiority (Zehnder 2006; Boutsioukis et al. 2009, 2010b, 2010c, 2010d, 2010e; Verghaagen et al. 2012) No significant difference has been detected between various types of closed–ended needles or between various types of open–ended needles (Vinothkumar et al. 2007; Boutsioukis et al. 2010b).

### Table 1. Medical needle specifications according to ISO 9626:1991/Amd.1:2001 and corresponding size of endodontic instruments according to ISO 3630–1:2008. (Non-existing instrument sizes were rounded up to the next available size.) Even if the nominal size of an instrument and a needle are the same, the actual sizes may differ to some extent owing to inevitable variations during the machining procedures (tolerance).

<table>
<thead>
<tr>
<th>Gauge size</th>
<th>Designated Metric size (mm)</th>
<th>External diameter (mm)</th>
<th>Internal diameter (mm)</th>
<th>Size</th>
<th>Tip diameter (mm)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>min</td>
<td>max</td>
<td>min</td>
<td></td>
<td>min</td>
</tr>
<tr>
<td>21</td>
<td>0.80</td>
<td>0.800</td>
<td>0.830</td>
<td>0.490</td>
<td>80</td>
</tr>
<tr>
<td>23</td>
<td>0.60</td>
<td>0.600</td>
<td>0.673</td>
<td>0.317</td>
<td>60</td>
</tr>
<tr>
<td>25</td>
<td>0.50</td>
<td>0.500</td>
<td>0.530</td>
<td>0.232</td>
<td>50</td>
</tr>
<tr>
<td>27</td>
<td>0.40</td>
<td>0.400</td>
<td>0.420</td>
<td>0.184</td>
<td>40</td>
</tr>
<tr>
<td>28</td>
<td>0.36</td>
<td>0.349</td>
<td>0.370</td>
<td>0.133</td>
<td>40</td>
</tr>
<tr>
<td>29</td>
<td>0.33</td>
<td>0.324</td>
<td>0.351</td>
<td>0.133</td>
<td>35</td>
</tr>
<tr>
<td>30</td>
<td>0.30</td>
<td>0.298</td>
<td>0.320</td>
<td>0.133</td>
<td>30</td>
</tr>
<tr>
<td>31</td>
<td>0.25</td>
<td>0.254</td>
<td>0.267</td>
<td>0.114</td>
<td>25</td>
</tr>
</tbody>
</table>
A general trend has been well documented in the literature: needle placement closer to WL results in more efficient irrigant exchange, regardless of needle type (Chow 1983; Sedgley et al. 2005; Hsieh et al. 2007; Boutsoukis et al. 2010c; Bronnec et al. 2010b; Fig. 4). An increase in the preparation size or taper allows penetration of the needle closer to WL (Abourass & Piccinino 1982) and leads directly to more efficient irrigant refreshment (Chow 1983; Falk & Sedgley 2005; Hsieh et al. 2007; Huang et al. 2008; Bronnec et al. 2010a; Boutsoukis et al. 2010d, 2010e). It seems that enlargement to size 25 does not allow effective irrigant flow and apical refreshment even in 0.06 tapered root canals (Hsieh et al. 2007; Boutsoukis et al. 2010d). Enlargement to size 30 allows effective replacement 2 mm apical to an open-ended needle when combined with at least a 0.06 taper (Boutsoukis et al. 2010e), while size 35 combined with a 0.05 to 0.06 taper leads to significant irrigant refreshment almost 3 mm apical to the needle tip (Hsieh et al. 2007; Boutsoukis et al. 2010d). For closed-ended needles, it appears that irrigant replacement extends almost 1 mm apical to their tip in a root canal of size 30 and at least a 0.06 taper, while a further increase in the size or taper has only a minimal additional effect (Hockett et al. 2008; Boutsoukis et al. 2010d, 2010e). Therefore, these needles should be placed within 1 mm from WL, and a minimum apical size of 35 is required in order for a 30G needle to reach this depth. Surprisingly, a minimally tapered root-canal preparation (size 60 and 0.02 taper) may present an advantage over tapered ones in terms of irrigant refreshment (Boutsoukis et al. 2010e). However, irrigant exchange should be evaluated together with resistance to root fracture, the possibility of iatrogenic root-canal perforation and obturation technique requirements before deciding the instrumentation strategy.

Apart from the need to enlarge the root canal so that the needle can reach within a few millimetres of WL, it is equally important to ensure adequate space around the needle for reverse flow of the irrigant towards the canal orifice. Assuming that the position and size of the needle remain constant, an increase in the apical size or taper of the root canal results in an increase in the space available between the needle and the root-canal wall. This increase leads to an increase in the irrigant refreshment in the apical part of the root canal. Effective reverse flow is also necessary for irrigant refreshment coronal to the needle tip (Boutsoukis et al. 2010d, 2010e).
It has been speculated that a "dead-water" zone or stagnation zone exists apical to the needle tip (Gao et al. 2009; Shen et al. 2010). However, recent studies have disproved this assumption and have demonstrated that there are no areas in the main root canal where the irrigant is completely stagnant during syringe irrigation, but only areas where the irrigant flow is extremely slow and adequate exchange cannot be ensured within the time limitations of a root-canal treatment (Boutsikakis et al. 2010e). During irrigant flow, frictional forces occur between the flowing irrigant and root-canal walls. These forces give rise to wall shear stress (Mott 1999; Tilton 1999; White 1999), which is of particular interest to irrigation because it tends to detach microbes/biofilm, tissue remnants or dentine debris from the root-canal wall; thus, it determines the mechanical effect of irrigation. Currently, there is no quantitative data on the minimum shear stress required for the removal of these targets. However, the overall distribution of wall shear stress provides an indication of the mechanical debridement efficacy.

Similar to the irrigant flow, two basic wall shear stress patterns can be distinguished for the various needle types during syringe irrigation (Fig. 5; Boutsikakis et al. 2010b). Regarding open-ended needles, an area of increased shear stress (which can be linked to optimum debridement) is developed apical to the needle tip, in the region of jet break up. Closed-ended needles lead to almost twice as high maximum shear stress, but limited near their tip, on the wall facing the needle outlet (the proximal outlet for the double side-vented needle). The unidirectional performance of closed-ended needles has also been reported in ex vivo studies that documented the influence of needle orientation on the debridement of the root canal (Yamamoto et al. 2006; Huang et al. 2008). So, in both cases, optimum debridement is expected near the tip of the needle (Huang et al. 2008; Boutsikakis et al. 2010b); therefore, during irrigation it is necessary to move the needle inside the root canal, so that the limited area of high wall shear stress affects as much of the root-canal wall as possible.

Fig. 6. Time-averaged irrigant pressure at the apical foramen for various needle types: open-ended (A–C), closed-ended (D & E). Data shown as mean ± standard deviation. (Reprinted with permission from Boutsikakis et al. 2010b.)

Most of the data on irrigant flow and refreshment has been obtained from experiments and simulations in simple, straight root canals; however, many root canals are curved in reality. The effect of curvature on irrigant exchange has been studied indirectly by Nguy and Sedgley (2006), who reported that only a severe curvature in the order of 24 to 28 degrees impeded the flow of irrigants, delivered by a closed-ended needle near WL, even at a low flow rate. It can be assumed that if needles are positioned within 1 to 3 mm short of WL in a curved root canal, in many cases they have already bypassed most of the curvature and the remaining curvature apical to their tip is limited. Small size (30G) flexible irrigation needles available nowadays in the market facilitate placement near WL, even in severely curved canals provided that the canal is enlarged to at least a size 30 or 35.

**Wall shear stress**

During irrigant flow, frictional forces occur between the flowing irrigant and root-canal walls. These forces give rise to wall shear stress (Mott 1999; Tilton 1999; White 1999), which is of particular interest to irrigation because it tends to detach microbes/biofilm, tissue remnants or dentine debris from the root-canal wall; thus, it determines the mechanical effect of irrigation. Currently, there is no quantitative data on the minimum shear stress required for the removal of these targets. However, the overall distribution of wall shear stress provides an indication of the mechanical debridement efficacy.

Needle insertion depth, canal size and taper do not seem to affect the distribution of wall shear stress significantly (Boutsikakis et al. 2010c, 2010d, 2010e). The maximum shear stress decreases as needles move away from WL, or with increasing size or taper, because more space is available for the back-flow of the irrigant and the irrigant velocity decreases, but the area affected by maximum shear stress becomes larger. It could be hypothesised that over-enthusiastic enlargement of the root canal beyond a certain size or taper may in fact reduce the debridement efficacy of irrigation. Similar to irrigant refreshment, it appears that the overall distribution of wall shear stress may be slightly more favourable in canals with a large apical size and limited taper rather than canals with a small size and increased taper (Boutsikakis et al. 2010d, 2010e). No data is available on the effect of flow rate, but it can be assumed that increasing the flow rate will also increase the wall shear stress. In all cases, high shear stress may lead to the detachment of biofilm or debris from the root-canal wall but is not enough to ensure their removal from the canal space, unless there is a favourable reverse flow to carry them towards the canal orifice.
Apical pressure—Extrusion

During root-canal irrigation, it is possible that part of the irrigant delivered will be extruded towards the periapical tissue (Vande Visse & Brilliant 1975; Hüsman et al. 2009). A healthy periodontium seems to provide a reliable barrier against irrigant extrusion (Salzgeber & Brilliant 1977; Chu 2010). However, currently, there is insufficient data to allow a more elaborate understanding of this aspect of root-canal irrigation. In order to conduct some useful comparisons, the irrigant pressure at the apical foramen could be related to the possibility and severity of irrigant extrusion (Boutsioukis et al. 2010b).

In general, the open-ended needles achieve improved irrigant refreshment in the apical part of the root canal but also lead to higher pressure at the apical foramen, indicating an increased risk of irrigant extrusion; closed-ended needles develop much lower pressure (approximately 50% less; Fig. 6; Boutsioukis et al. 2010b). Both needle types present a similar decrease in apical pressure, as the insertion depth decreases or the preparation size or canal taper increases (Boutsioukis et al. 2010c, 2010d, 2010e).

The performance of open-ended and closed-ended needles is expected to be quite different in the hypothetical situation of the needle binding in the root canal. If an open-ended needle is used, the flow would be trapped apical to the needle tip without any route of escape towards the canal orifice, the apical pressure would increase rapidly and forceful irrigant extrusion would probably occur. To the contrary, binding of a closed-ended needle would limit the irrigant flow to the space coronal to its tip. Irrigant exchange apical to the tip would be impossible, but the apical pressure would be almost zero, which is a benefit of the blind tip or safe tip of closed-ended needles, providing safety in such cases (Boutsioukis et al. 2010d, 2010e).

Concluding remarks

Anatomical complexities of the root-canal system and the existence of microbes as surface-adherent biofilm structures serve as the foremost challenges in root-canal disinfection. One way of circumventing such challenges is by combining ideal irrigants with an optimal irrigation technique to achieve maximum removal of biofilms from the root canals. Accordingly, it becomes imperative to understand the fluid dynamics of irrigation in the root-canal system. The application of Computational Fluid Dynamics (CFD) models provides information on the flow and exchange of irrigant within the root-canal system for a particular mode of irrigation. It appears that the requirements of adequate irrigant penetration and exchange, mechanical debridement and minimum risk of apical extrusion contradict each other and a delicate balance needs to be maintained. Since the prevention of extrusion should precede the other requirements of irrigation, a reasonable compromise for open-ended needles would be 2 or 3mm short of WL. Based on Computational Fluid Dynamics analyses, this can still ensure adequate irrigant exchange and high wall shear stress, while reducing the risk of extrusion, provided that the canal is enlarged to at least a size 35 with a 0.06 taper or to a larger apical size combined with a minimum taper. The development of lower irrigant pressure by closed-ended needles allows their placement within 1mm short of WL, so that optimum irrigant exchange can be ensured.

Anatomic irregularities may create additional challenges. Syringe irrigation seems unable to prevent or remove hard-tissue debris from the isthmus between the mesial root canals of mandibular molars (Endal et al. 2011; Paqué et al. 2011) or from artificial grooves and cavities in the apical part of the canal (Rödig et al. 2010). Currently, the irrigant flow in such complicated geometries has not been studied. It can be speculated that flow into narrow spaces connected to the main root canal is dependent on adequate activation, which could force the irrigant laterally into the grooves, cavities and isthmuses (Jiang et al. 2010), while syringe irrigation is possibly unable to achieve this goal predictably under clinical conditions.

In all cases, it must be remembered that regardless of the method and equipment used, irrigation of root canals involves a series of human-controlled actions, inevitably prone to natural human variability and difficult to standardise on a clinical basis. A wide variation in irrigant flow rate, duration, volume of irrigant and force applied to the syringe has been found among endodontists, even when the participants shared a common educational background (Boutsioukis et al. 2007a). Thus, the human factor should also be considered in root-canal irrigation.

Editorial note: A complete list of references is available from the publisher.

About the authors

Dr Christos Boutsioukis
Physics of Fluids Group and MESA+ Institute for Nanotechnology, University of Twente, Enschede, and Department of Endodontology, Academic Centre for Dentistry Amsterdam (ACTA), Amsterdam, The Netherlands.

Dr Anil Kishen
Discipline of Endodontics, Faculty of Dentistry, University of Toronto, Toronto, Canada.
Irrigation for the root canal and nothing but the root canal

Author_ Dr Philippe Sleiman, Lebanon

**Irrigation is a major step** in endodontic treatment. A variety of chemicals are used to achieve what I like to consider the chemical preparation of the root-canal system.

Sodium hypochlorite (NaOCl) is a major component of the chemical preparation, mainly owing to its ability to attack the collagen component of the pulp tissue, and it is very cost-effective. However, one of the problems of using NaOCl is its safety, especially during its delivery inside the root-canal system and the ability to limit its delivery strictly to root-canal space and nothing but the root-canal space.

Going beyond the limit of the root-canal space causes serious problems, the gravity of which depends on the amount of NaOCl passing to the margins of the periodontal ligament or even attacking the periodontal ligament. A small amount can result in pain or discomfort after treatment, whereas a larger amount, especially in cases of large and/or open apices, can accidentally be delivered inside the maxillary bone, travel via veins and arteries to primary anatomical organs and cause extensive, serious and very dangerous reactions. It is possible that the majority of such incidents are treatable with steroids and antibiotics, as they are limited to muscle and bone inflammation and slight reversible necrosis.

Sometimes we are not that lucky. Irrigating the last few millimetres in the root-canal space is an important key to treatment success, and a certain amount of NaOCl may be delivered into the maxillary sinus especially in the area of the maxillary second premolar and first molar. The case discussed below was the result of accidental NaOCl delivery into the maxillary sinus.
Case report

The patient was referred to my office for a complaint regarding the maxillary molar. After examining the patient and looking at her preoperative X-ray, I saw nothing wrong with the existing root-canal treatment, at least concerning the roots, but found a vague image in the sinus that I thought could be related to the maxillary molar and could be the cause of the problem. I asked my assistant to take a panoramic X-ray, which demonstrated a much larger problem inside the sinus but at that point I did not realise the scale of the issue.

Turning back to the patient, I went into some questions related to the issue, such as “Do you have problems breathing through your nose on this side?”, “Can you describe to me the pain or discomfort you are having?”, “Can you tell me if anything unusual happened during your previous root-canal treatment?” and “What were the indications for this treatment several months before?”. The patient, quite unexpectedly, told me that during the procedure she had had a chlorine taste in her throat arising from her nose as if a liquid was dripping internally. Also, after the treatment was over and she was on her way home, a strange liquid with the same chlorine smell began dripping from her nose.

Upon hearing that, I asked the patient to have a CBCT scan of the maxilla because it was necessary to establish the situation in the sinus. The patient was nervous and anxious, so I asked the radiology centre if they could capture the CBCT scan for her on the same day as a favour.

A couple of hours later, the patient returned to my office and I took the time to examine the images. In the panoramic view, it was clear that half of the sinus was filled with inflammatory tissue (Fig. 2); in the sectional views, I noticed that the posterior wall of the sinus was non-existent in some places (Figs. 3–5). Potentially, it could be the position of the patient during the root-canal procedure that made NaOCl stagnate on the posterior wall and aggravate the damage.

The patient was informed of my opinion and recommended to see her otorhinolaryngologist, who took over the case, since it was already beyond the specialty of the dental profession and so she did.

Conclusion

As we have seen, what seems to be a normal root-canal treatment can hold serious implications for human health. Although it is very true that we need irrigation to clean the root-canal system, those chemicals need to be limited to the root-canal system only, as even a few drops of NaOCl approaching the periodontal ligament may create an inflammatory region and area of tissue damage as a result of an aggressive chemical reaction.

Sometimes this process is limited and may only cause minor discomfort for a couple of days, but when the amount of chemical is larger more severe problems may occur, for which the use of steroids and antibiotics is recommended. A major accident can still happen at any time when an amount of chemical travels outside the oral cavity and causes a more serious complication.

One of the safest options that we currently have at our disposal is the EndoVac system (SybronEndo), which is designed specifically to deliver fresh irrigant all along the root-canal system and, most importantly, to clean the last 3 mm of the root-canal system using the MicroCannula. It allows us to be certain that no chemicals can go beyond the limits of the root-canal space, nor cause any serious or even minor damage.

I would like to thank Yulia Vorobyeva, interpreter and translator, for her help with this article.

Contact

Dr Philippe Sleiman
Dubai Sky Clinic
Level 21 Burjuman Business Tower
Trade Center St.
Bur Dubai
Dubai
UAE
phil2sleiman@hotmail
Endodontic management of a hypertaurodontic maxillary first molar—
A case report with a two-year follow-up

Authors: Drs Jojo Kottoor, Denzil Valerian Albuquerque, Anuj Bhardwaj, Sonal Dham & Natanasabapathy Velmurugan, India

Introduction
Taurodontism is a morphological variation in which the body of the tooth is enlarged and the roots are reduced in size. Taurodontic teeth have large pulp chambers and apically positioned furcation. This variation was first described by Gorjanović-Kramberger; however, the term "taurodontism" was first introduced by Sir Arthur Keith to describe molar teeth resembling those of ungulates, particularly bulls. The term "taurodontism" comes from the Latin term "tauros", which means "bull" and the Greek term "odus", which means "tooth" or "bull tooth". Such morphological variations are an endodontic challenge and even more difficult to treat when additional roots and/or canals are present. The endodontic management of one such taurodontic molar is reported in this case report.

Case report
A 44-year-old male patient was referred to our clinic for treatment of the right maxillary first molar (tooth #16). The preoperative periapical radiograph (Fig. 1a) suggested the following possibilities:

- A mesio-occlusal carious lesion with endodontic involvement;
- A highly calcified and elongated pulp chamber extending up to the trifurcation;
- Three short roots with the trifurcation in the apical third; or
- A periapical radiolucency in relation to the mesiobuccal and palatal root apex.

Clinically, vitality tests were negative and a diagnosis of hypertaurodontism, according to Shifman and Chananel, with pulpal necrosis was made for tooth #16 and endodontic treatment was planned.

Local anaesthesia of 2% lidocaine with 1:100,000 epinephrine was administered to the patient. The mesial surface of the tooth was restored with composite resin (Z100, 3M ESPE) after caries excavation to enable optimal isolation. Under rubber dam isolation—
The access cavity was established with an Endo Access bur and an Endo Z bur (DENTSPLY Tulsa). A dental operating microscope (DOM; Seiler Revelation) was used throughout the procedure to facilitate visualisation. The calcified mass occluding the pulp chamber was removed using ET 18D ultrasonic tips (Satelec/Acetron). Three root-canal orifices were located: two narrow orifices, the mesiobuccal and distobuccal, and a wide palatal orifice. Root-canal orifices were named according to the nomenclature proposed by Kottoor et al. An electronic apex locator (Root ZX, Morita) was used to determine the initial working length, which was confirmed radiographically (Fig. 1b). The root canals were cleaned and shaped with ProTaper (DENTSPLY Maillefer) rotary instruments. The buccal canals were instrumented up to F2 and palatal canal to F4. The canals were irrigated with 2.5% sodium hypochlorite using ultrasonics, 17% aqueous solution of EDTA, and 0.2% w/v chlorhexidine gluconate. The canals were dried using sterile paper points and obturated with gutta-percha cones and AH Plus sealer (DENTSPLY DeTrey) using the cold lateral compaction and vertical compaction techniques. The access cavity was then restored with miracle mix (cerm et and Ketac Silver, 3M ESPE; Fig. 1c).

The patient returned to the endodontic clinic after three weeks with sensitivity in the same tooth on consumption of cold foods. The longevity of the complaint prompted a re-entry into the tooth to evaluate the possibility of any additional canal/s. The coronal restoration was removed and the pulpal floor was carefully inspected again under the DOM at a higher magnification. The visual and tactile examination under the DOM revealed a second mesiobuccal canal (P-MB). Under the microscope, it was possible to insert a #15 K-file and the existence of the additional canal was confirmed using an electronic apex locator. A working length radiograph was taken with a #20 K-file in the untreated canal (Fig. 1d). The P-MB canal was instrumented to F2 under irrigation with 3% sodium hypochlorite and EDTA and obturated by cold lateral compaction of the gutta-percha and AH Plus sealer (Fig. 1e). Follow-up clinical examination after a week revealed that the tooth was asymptomatic and was not sensitive to percussion or palpation. Subsequently, endodontic management of tooth #15 was completed. The 24-month follow-up radiograph showed complete resolution of the periapical radiolucency in relation to the mesiobuccal and palatal root apices (Fig. 1f).

_Discussion_

Taurodontism is frequently associated with other anomalies and syndromes. These include Klinefelter syndrome, ectodermal alterations, Down syndrome, Mohr syndrome, Wolf-Hirschhorn syndrome, Lowe syndrome, Tricho-dento-osseous syndrome, Williams syndrome, and Seckel syndrome, but it is not a constant feature of these syndromes. However, identification of patients with multiple taurodontic teeth could lead to early recognition of a systemic disorder and improve quality of life. It has also been found to be associated with dental anomalies such as oligodontia, supernumerary teeth, and amelogenesis imperfecta. In this case, the patient was a healthy male with a negative medical history.
Its aetiology is still unknown, but it has been suggested that it may be caused by a failure of the diaphragm of Hertwig’s epithelial root sheath to invaginate at the correct time and horizontal level or changes in the mitotic activity of cells of the developing teeth that can affect root formation or influence by external factors on the development of the teeth. Differences in opinion exist regarding the amount of displacement and/or morphological change required to constitute taurodontism. Based on the relative amount of apical displacement of the pulp chamber floor, Shaw classified taurodontism as hypotaurodontism, mesotaurodontism, and hypertaurodontism. This subjective, arbitrary classification led normal teeth to be misdiagnosed as taurodontism. Feichtinger and Rossiwall state that the distance from the bifurcation or trifurcation of the root to the cemento-enamel junction should be greater than the occluso-cervical distance for a taurodontic tooth. Keene proposed the Taurodont Index, relating the height of the pulp chamber to the length of the longest root. Although there are many classification systems to determine the severity of taurodontism, the classification proposed by Shifman and Chanannel in 1978 is the most widely used system. According to this index, taurodontism is present if the distance from the lowest point at the occlusal end of the pulp chamber to the highest point at the apical end of the chamber, divided by the distance from the occlusal end of the pulp chamber to the apex and multiplied by 100 is 20 or above (hypotaurodontism: TI 20–30; mesotaurodontism: TI 30–40; hypertaurodontism: TI 40–75).

Except for a higher prevalence of taurodontism among females, no study has found a gender difference for this abnormality. Although permanent mandibular molars are most commonly affected, taurodontism is occasionally observed in mandibular premolars and even in maxillary premolars, mandibular canines, and incisors. Its prevalence has been reported as ranging from 5.67 to 60% of subjects. In a recent study, it accounted for 18% of all anomalies.

Endodontic treatment in taurodontic teeth has been described as complex and challenging because the apical position of the pulpal floor can make it difficult to identify and locate root-canal orifices. In the present case, an apical third trifurcation with four root canals was observed. The mesiobuccal and distobuccal canal orifices were very narrow and close to each other, which made identification and negotiation of these orifices very difficult. Additionally, the proximity of the orifices and deeply situated opening of the canals made it difficult to identify the P-MB during the initial visit. However, during the second visit, the use of DOM enhanced the visualisation of the pulpal floor by better illumination of the depths of the cavity. Hence, success was largely dependent on the use of magnification, which allowed for the identification of the P-MB canal with ease. During instrumentation, the shortened length of these canals allowed for instrumentation with only the apical third of the file, also making it time consuming. Thus, endodontic treatment of taurodontic teeth may be complex, particularly regarding the cleaning and shaping of the root canals and root-canal obturation, especially in hypertaurodontic teeth.

**_Conclusion_**

The case report has described the successful endodontic treatment of a hypertaurodontic maxillary first molar that would have seemed impossible to perform with conventional techniques. Success was mostly attributed to the use of magnification, which allowed better visualisation of the four canal orifices. This case report has served to illustrate to clinicians that sound knowledge and modern equipment facilitate enhanced management of endodontically challenging taurodontic teeth.

*Editorial note: A complete list of references is available from the publisher.*
Welcome to the 46th Scandinavian Dental Fair
The leading annual dental fair in Scandinavia

SCANDEFA 2013

The 46th SCANDEFA invites you to exquisitely meet the Scandinavian dental market and sales partners from all over the world in springtime in wonderful Copenhagen.

SCANDEFA 2013 Is organized by Bella Center and is being held in conjunction with the Annual Scientific Meeting, organized by the Danish Dental Association (www.tandlaegeforeningen.dk).

183 exhibitors and 10,562 visitors participated at SCANDEFA 2012 at approx. 14,000 m² of exhibition space.

Exhibit at Scandefa
Book online at www.scandefa.dk
Account Manager Tommy Louens
tlo@bellacenter.dk, T +45 32 47 21 33

Travel information
Bella Center is located just a 10 minute taxi drive from Copenhagen Airport. A regional train runs from the airport to Orestad Station, only 15 minutes drive.

Check in at Bella Center’s newly built hotel
Bella Sky Comwell is Scandinavia’s largest design hotel. The hotel is an integral part of Bella Center and has direct access to Scandefa. Book your stay on www.bellasky.dk.

www.scandefa.dk
VDW Motors produced in Tuscany, Italy

Since 2006 all VDW endo motors are being produced in Pistoia. From the start, the huge success of these devices faced ATR with enormous challenges. To satisfy the demand of many dentists, ATR’s designers were soon able to solve the then problematic integration of an apex locator into the endo motor. They developed a patented in-house product, the (VDW.GOLD). In 2010 VDW acquired 100% of ATR which enabled them to introduce capital and know-how to expand the urgently needed production capacities. At first VDW’s high standards of quality assurance were implemented step by step, which allowed VDW to extend the warranty of new ATR devices to 3 years.

The user-friendly reciproc drive with precise control of the rotational angles was successfully developed by ATR. In practice, the user does not need to make any settings and can focus solely on the treatment.

The concurrent increase of the production output represented an enormous step. Compared to 2009, eight times more motors are being produced today, which corresponds to the actual peak requirement. The modern VDW endo motors with their functional design are in high demand worldwide. The current VDW.SILVER RECIPROC motor is being sold in 64 countries. This is a great success story for VDW and ATR.

With their product lines VDW.SILVER and VDW.GOLD, VDW—the specialist in endodontics, has set standards in design, function and user-friendliness of endo motors. In addition to controlling rotary NiTi systems the current device series with the name affix RECIPROC also masters the innovative reciproc technique.

The motors are produced by ATR in Pistoia near Florence, Italy. The company name stands for Advanced Technology Research. From the beginning ATR has specialised in micro-motors for dentistry. In 1999 the then young company has developed the first endo motor with torque control: the ATR TECNIKA. This first motor, and more so the following model ATR VISION were able to offer the user a wide range of applications, including programming individual drive modes via the system menu. Contributions in internet based forums still demonstrate that particularly the ATR motors have allowed to perform trials with the Ghassan Yared technique (known today as the reciproc technique).

A further pillar of the ATR production is the division for powerful precision motors for implantology, which are well established in several markets.
One issue free of charge!

I hereby agree to receive a free trial subscription of cosmetic dentistry _ beauty & science (4 issues per year).

I would like to subscribe to cosmetic dentistry for € 44 including shipping and VAT for German customers; € 46 including shipping and VAT for customers outside of Germany unless a written cancellation is sent within 14 days of the receipt of the trial subscription. The subscription will be renewed automatically every year until a written cancellation is sent to OEMUS MEDIA AG, Holbeinstr. 29, 04229 Leipzig, Germany, six weeks prior to the renewal date.

Notice of revocation: I am able to revoke the subscription within 14 days after my order by sending a written cancellation to OEMUS MEDIA AG, Holbeinstr. 29, 04229 Leipzig, Germany.
International Events

2013

Irish Endodontic Society Annual Scientific Meeting
24–25 January 2013
Dublin, Ireland
www.irishendodonticsociety.com

DGET Spring Meeting
1 & 2 March 2013
Hanover, Germany
www.dget.de

International Dental Show
12–16 March 2013
Cologne, Germany
www.ids-cologne.de

35th Australian Dental Congress
3–7 April 2013
Melbourne, Australia
www.adc2013.com

3rd Russian Endodontic Congress
5–7 April 2013
Moscow, Russia
www.congress2013.endoforum.ru

AAE Annual Session
17–20 April 2013
Hawaii, USA
www.aae.org

CONSEURO Paris 2013
9–11 May 2013
Paris, France
www.paris2013.conseuro.org

FEA World Endodontic Congress
23–26 May 2013
Tokyo, Japan
www2.convention.co.jp/ifea2013

The international congress of the French Society of Endodontic (FSE)
20–22 June 2013
Aix en Provence, France
www.endodontie.fr

FDI Annual World Dental Congress
28–31 August 2013
Istanbul, Turkey
www.fdiworldental.org

ESE Biennial Congress
12–14 September 2013
Lisbon, Portugal
www.e-s-e.eu
submission guidelines:

Please note that all the textual components of your submission must be combined into one MS Word document. Please do not submit multiple files for each of these items:

- the complete article;
- all the image (tables, charts, photographs, etc.) captions;
- the complete list of sources consulted; and
- the author or contact information (biographical sketch, mailing address, e-mail address, etc.).

In addition, images must not be embedded into the MS Word document. All images must be submitted separately, and details about such submission follow below under image requirements.

Text length
Article lengths can vary greatly—from 1,500 to 5,500 words—depending on the subject matter. Our approach is that if you need more or less words to do the topic justice, then please make the article as long or as short as necessary.

We can run an unusually long article in multiple parts, but this usually entails a topic for which each part can stand alone because it contains so much information.

In short, we do not want to limit you in terms of article length, so please use the word count above as a general guideline and if you have specific questions, please do not hesitate to contact us.

Text formatting
We also ask that you forego any special formatting beyond the use of italics and boldface. If you would like to emphasise certain words within the text, please only use italics (do not use underlining or a larger font size). Boldface is reserved for article headers. Please do not use underlining.

Please use single spacing and make sure that the text is left justified. Please do not centre text on the page. Do not indent paragraphs, rather place a blank line between paragraphs. Please do not add tab stops.

Should you require a special layout, please let the word processing programme you are using help you do this formatting automatically. Similarly, should you need to make a list, or add footnotes or endnotes, please let the word processing programme do it for you automatically. There are menus in every programme that will enable you to do so. The fact is that no matter how carefully done, errors can creep in when you try to number footnotes yourself.

Any formatting contrary to stated above will require us to remove such formatting before layout, which is very time-consuming. Please consider this when formatting your document.

Image requirements
Please number images consecutively throughout the article by using a new number for each image. If it is imperative that certain images are grouped together, then use lowercase letters to designate these in a group (for example, 2a, 2b, 2c).

Please place image references in your article wherever they are appropriate, whether in the middle or at the end of a sentence. If you do not directly refer to the image, place the reference at the end of the sentence to which it relates enclosed within brackets and before the period.

In addition, please note:
- We require images in TIF or JPEG format.
- These images must be no smaller than 6 x 6 cm in size at 300 DPI.
- These image files must be no smaller than 80 KB in size (or they will print the size of a postage stamp!). Larger image files are always better, and those approximately the size of 1 MB are best. Thus, do not size large image files down to meet our requirements but send us the largest files available. (The larger the starting image is in terms of bytes, the more leeway the designer has for resizing the image in order to fill up more space should there be room available.)

Also, please remember that images must not be embedded into the body of the article submitted. Images must be submitted separately to the textual submission.

You may submit images via e-mail, via our FTP server or post a CD containing your images directly to us (please contact us for the mailing address, as this will depend upon the country from which you will be mailing).

Please also send us a head shot of yourself that is in accordance with the requirements stated above so that it can be printed with your article.

Abstracts
An abstract of your article is not required.

Author or contact information
The author’s contact information and a head shot of the author are included at the end of every article. Please note the exact information you would like to appear in this section and format it according to the requirements stated above. A short biographical sketch may precede the contact information if you provide us with the necessary information (60 words or less).

Questions?
Magda Wojtkiewicz (Managing Editor)
m.wojtkiewicz@oemu-media.de
about the publisher

Publisher
Torsten R. Oemus
oemus@oemus-media.de

CEO
Ingolf Döbbecke
doebecke@oemus-media.de

Members of the Board
Jürgen Isbaner
isbaner@oemus-media.de
Lutz V. Hiller
hiller@oemus-media.de

Managing Editor
Magda Wojtkiewicz
m.wojtkiewicz@oemus-media.de

Executive Producer
Gernot Meyer
meyer@oemus-media.de

Designer
Josephine Ritter
j.ritter@oemus-media.de

Copy Editors
Sabrina Raaff
Hans Motschmann

Published by
Oemus Media AG
Holbeinstraße 29
04229 Leipzig, Germany
Tel.: +49 341 48474-0
Fax: +49 341 48474-290
kontakt@oemus-media.de
www.oemus.com

Printed by
Löhner Druck
Händelsstraße 12
04420 Markranstädt, Germany

Editorial Board
Fernando Goldberg, Argentina
Markus Haapasalo, Canada
Ken Serota, Canada
Clemens Bangholz, Germany
Michael Baumann, Germany
Benjamin Bissano, Germany
Asgeir Sigurdsson, Iceland
Adam Stabholz, Israel
Heike Steffen, Germany
Gary Cheung, Hong Kong
Unni Endal, Norway
Roman Borczyk, Poland
Bartosz Cerkaski, Poland
Esteban Braun, Spain
José Pumarola, Spain
Kishor Gulabivala, United Kingdom
William F. Saunders, United Kingdom
Fred Barnett, USA
L. Stephan Buchanan, USA
Jo Dovgan, USA
Vladimir Gorokhovsky, USA
James Gutmann, USA
Ben Johnson, USA
Kenneth Koch, USA
Sergio Kuttler, USA
John Nusstein, USA
Ove Peters, USA
Jorge Vera, Mexico

Copyright Regulations

_roots international magazine of endodontology_ is published by Oemus Media AG and will appear in 2012 with one issue every quarter. The magazine and all articles and illustrations therein are protected by copyright. Any utilisation without the prior consent of editor and publisher is inadmissible and liable to prosecution. This applies in particular to duplicate copies, translations, microfilms, and storage and processing in electronic systems.

Reproductions, including extracts, may only be made with the permission of the publisher. Given no statement to the contrary, any submissions to the editorial department are understood to be in agreement with a full or partial publishing of said submission. The editorial department reserves the right to check all submitted articles for formal errors and factual authority, and to make amendments if necessary. No responsibility shall be taken for unsolicited books and manuscripts. Articles bearing symbols other than that of the editorial department, or which are distinguished by the name of the author, represent the opinion of the afore-mentioned, and do not have to comply with the views of Oemus Media AG. Responsibility for such articles shall be borne by the author. Responsibility for advertisements and other specially labeled items shall not be borne by the editorial department. Likewise, no responsibility shall be assumed for information published about associations, companies and commercial markets. All cases of consequential liability arising from inaccurate or faulty representation are excluded. General terms and conditions apply, legal venue is Leipzig, Germany.
I would like to subscribe to roots for € 44 including shipping and VAT for German customers, € 46 including shipping and VAT for customers outside Germany, unless a written cancellation is sent within 14 days of the receipt of the trial subscription. The subscription will be renewed automatically every year until a written cancellation is sent to OEMUS MEDIA AG, Holbeinstr. 29, 04229 Leipzig, Germany, six weeks prior to the renewal date.

Reply via Fax to +49 341 48474-290 to OEMUS MEDIA AG or via E-mail to grasse@oemus-media.de

Notice of revocation: I am able to revoke the subscription within 14 days after my order by sending a written cancellation to OEMUS MEDIA AG, Holbeinstr. 29, 04229 Leipzig, Germany.

Last Name, First Name

Company

Street

ZIP/City/Country

E-mail

Signature

Signature
one + one + one = the wave•one® solution