

The easier route to endodontic success

Specialist endodontist Jon Cowie talks about the advantages of reciprocating file systems over hand files.

As a specialist endodontist I work primarily in referral practice, as well as being a part-time Clinical Instructor for the MSc in Endodontics at King's College, London. I'm heavily involved in continuing education and along with my business partner, Luca Moranzoni, we run an endodontic training company, Contemporary Endodontics, which specialises in running hands-on endo education courses. Working closely with general dental practitioners wanting to gain more experience and confidence in endodontics, we get to hear first-hand about the challenges they encounter along the way, especially when it comes to the transition from hand files to reciprocating systems such as WaveOne® Gold.

Making a change for the better

One of the primary advantages of a reciprocating file system is its usability. It's more straightforward than the complex sequencing that true and effective hand file techniques require, particularly in the establishment of the glide path which, as we've identified on our courses, can be challenging for many GDPs. Rather than struggling from a size 10 to a 15 to a 20 hand file, the simplified rotary sequencing with the WaveOne® Gold Glider provides a nicely expanded glide path. Followed by the WaveOne Gold Primary file this becomes a far more straightforward sequence which significantly reduces the risk of transportation of the root canal, results in less canal preparation errors and allows for more consistent root filling.

Another advantage of a reciprocating file system is how few files are needed to complete treatment. I find GDPs are often concerned about taking on endodontic

cases because they find using a number of different files quite complex. However, especially for the more inexperienced or new rotary user it's a very straightforward technique and something that is really well accepted by delegates who attend our courses. With WaveOne Gold, in the majority of cases, just three files are needed to complete treatment – a size 10 hand file, WaveOne Gold Glider and a WaveOne Gold Primary file.

Quality is key

One of the most important things for me as a specialist endodontist is the quality of the endodontic instruments I use in daily practice. I'm fortunate enough to have visited Dentsply Sirona's manufacturing facility in Ballaigues in Switzerland, where WaveOne Gold's nickel titanium endodontic files are produced; I have



seen how their quality control constantly checks the tolerances and quality of files at every stage.

I appreciate that premium files may cost a little more but you are also paying for that reassurance. Talking to our delegates, some may try cheaper file systems but soon find they need to use more files to complete treatment. Using a single well-made instrument instead is considerably more cost-effective in the long run rather than if you have to continually discard inferior instruments that are unwinding or becoming fatigued more quickly.

Predictable results

Whilst hand files remain an important part of root canal treatment, especially in the creation of a glide path and manually locating the canals, WaveOne Gold Glider makes treatment easier and more comfortable for the patient and GDPs.

The results are more predictable and from a purist's point-of-view, I believe it respects the canal anatomy far better than hand files. It makes canal preparation more straightforward and as a consequence you are far less likely to suffer with instrument breakage or procedural errors.

The WaveOne Gold Glider has completed the WaveOne Gold family. It's a very simple file to use, very quick and what really sets it apart is its ability to be pre-bent, a real bonus especially on challenging access cases or where a patient has limited opening. It makes the transition to the WaveOne Gold Primary files for canal shaping very smooth and straightforward. WaveOne Gold has definitely become my file system of choice.

To find out more about the Dentsply

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About the author

Jon graduated from the University of Bristol in 2004. In 2009 he was awarded a Diploma in Endodontic Practice with merit after two years of postgraduate training at Barts and the London Hospital. He then embarked on four years of specialist training in Endodontics at Guy's Hospital. In 2013 he was awarded a Master of Clinical Dentistry degree in Endodontics with distinction at King's College, London whilst also attaining the Membership in Endodontics from the Royal College of Surgeons of Edinburgh. He has published clinical articles and is a reviewer for the International Endodontic Journal, and jointly runs an endodontic training company, Contemporary Endodontics.

