

# The 3D Revolution in Endodontics

A hands-on course teaching practical ways of using recent endodontic advances to help you to improve patient outcomes

presented by

**Professor James Prichard  
or Dr Fadi Jarad**

**with 3 hours  
verifiable cpd**

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**XP-endo Shaper**

# The 3D Revolution in Endodontics

A hands-on course teaching practical ways of using recent endodontic advances to help you to improve patient outcomes

These busy and fast moving courses will teach delegates how to use recent advances in endodontic treatment to improve their patients' clinical outcomes. They will be limited to 12 dentists each to ensure close supervision and opportunities to address dentists questions and concerns.

The presenters will take the delegates through the principles and objectives of successful endodontic treatment, including the biological principles of canal preparation and its link to current thinking on irrigation and disinfection.

You will see the limitations of previous thinking in endodontics, which assumed that canals were round and that their preparations should also be. You will learn how recent advances in NiTi metallurgy for the first time allow dentists to shape, finish and clean canals according to their true 3 Dimensional morphology. You will see how you can not only clean far more of the canal system without sacrificing root dentine, but also obturate with groundbreaking new Bioceramics. All of the course presenters are strong believers in four handed dentistry, and see their nurses active involvement as critical to the success of their endodontic treatments. We would therefore encourage delegates to attend the course with their nurses, with a fee of £30 for the first accompanying nurse.

## Aims, Objectives & Anticipated Outcomes

- Understanding the biological principles and objectives of successful endodontic treatment.
- Understanding why 3 Dimensional cleaning and filling of the canal can improve your clinical success rate.
- Learning about the new technologies behind the XP-endo range. Understanding how a single XP-endo Shaper file can instrument more of the canal more efficiently, generate less debris in the apical third and yet be less aggressive than traditional NiTi files.
- Learning about the clinical uses and outcomes with XP-endo Shapers and Finishers.
- Intensive hands-on training to help delegates successfully apply new technologies in practice.
- Understand how the new TotalFill Bioceramic materials change the philosophies of obturation and dealing with root repairs.



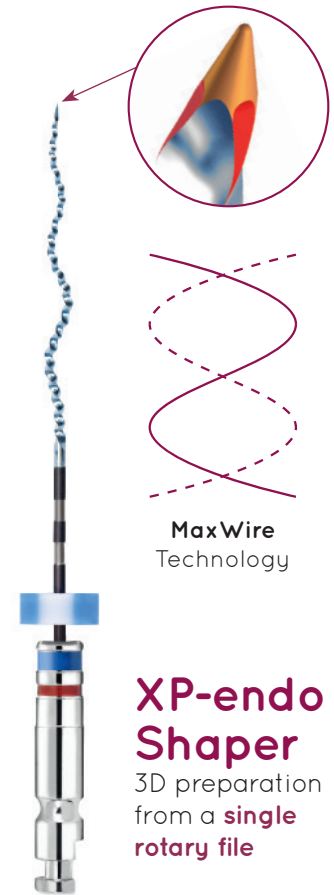
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# The Programme

Thursday late afternoon:	Friday morning:	Friday afternoon:	
15 30	09 00	13 00	<i>Registration &amp; light refreshments.</i>
15 45	09 15	13 15	Introduction to the course.
15 50	09 20	13 20	<b>Lecture 1:</b> Principles and objectives of successful endodontic treatment. Biological principles of canal preparation and how this links to current thinking on irrigation and disinfection.
16 15	09 45	13 45	<b>Lecture 2:</b> New advances in endodontic instrumentation. Using developments in metallurgy and file design to improve endodontics. Practical tips on Glide Path management and demonstration of the new XP-endo Shaper, followed by demonstration.
16 45	10 15	14 15	<i>Refreshment break.</i>
17 00	10 30	14 30	<b>Hands-On 1:</b> Participants prepare a glide path and instrument an endo block using XP-endo Shaper.
17 20	10 50	14 50	<b>Lecture 3:</b> Three-Dimensional finishing and obturation using XP-endo Finisher and Bioceramics followed by demonstration.
17 40	11 10	15 10	<b>Hands-On 2:</b> Using True Teeth participants prepare a glide path instrument with XP-endo Shaper, finish with XP-endo Finisher and obturate using bio ceramics.
18 15	11 45	15 45	<b>Final discussion.</b>
18 30	12 00	16 00	<i>Course Ends.</i>



# The Presenters

## Professor James W Prichard

BDS (ULond); MSc (ULond); LDSRCS (Eng);  
MFGDP (UK); FIADFE (USA); FHEA (UK);  
FBARD (UK).

Visiting Professor & Programme Leader, MCLinDent in  
Endodontology at BPP University working with the City of London Dental School.

James is a renowned teacher in Endodontics, delivering hands on courses, lectures and seminars throughout the UK and overseas. He has held the posts of Associate Clinical Teacher, Clinical Teaching Fellow and Clinical Supervisor in Endodontics on the Masters Programme at The University of Warwick prior to joining BPP University in London as Visiting Professor and Programme leader for the MCLinDent in Endodontology.

He has supervised postgraduate students in Endodontics including several dissertations and theses. He has published in the scientific journals including the International Endodontic Journal, The British Dental Journal.

He has lectured at conferences including the British Dental Association annual meeting and the British Academy of Restorative Dentistry. He is a Key Opinion Leader for several endodontic companies and has demonstrated the latest advances in endodontic technology for Schottlander and FKG Dentaire at the Dental Showcases and Dentistry Show in the UK since 2004. He gained his Masters Degree (MSc) in Restorative Dental Practice with distinction for his dissertation which he completed at The Eastman Dental Institute in London.

He is a Fellow of the International Academy of Dental Facial Esthetics in New York, a Fellow of the Higher Education Academy and a Fellow of the British Academy of Restorative Dentistry. He is a member of the British Endodontic Society and the European Society of Endodontics.



## Dr Fadi Jarad

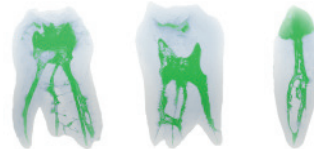
BDS, PhD, MFDS RCS(Eng) MRD Endodontics RCS (Edin),  
FHEA, FDS Restorative Dentistry RCS (Edin)

Dr Fadi Jarad is a Senior Lecturer and Honorary Consultant in Restorative Dentistry at the University of Liverpool. He is the Director of Professional Doctorate in Dental Sciences (DDSc) postgraduate programme. He is also the lead for the DDSc Endodontic Pathway and a joint teaching lead for Restorative Dentistry (BDS programme).



## Developments/Trends

In the last decades, the field of endodontics has seen a large number of developments. Driven by new technologies, the biologic aims of endodontics are more achievable. Today, greater emphasis is placed on less invasive treatments, and on a better appreciation of the need to clean the canal in a 3D fashion, rather than according to the misleading 2D view seen in the typical periapical radiograph. However, treatment still fails too often, either because of traditional problems like persistence of infection, canal transportation, over-instrumentation, extrusion or compaction of debris, micro-cracks or excessive dentine removal.



3D representations  
illustrating the  
complexity of the root  
structure.

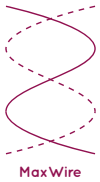
© FKG Dentaire SA

The use of Nickel-Titanium rotary instruments - narrower, more flexible and less aggressive - has become a necessity, as they facilitate the handling and reduce treatment time whilst preserving the root structure. Reducing the number of instruments per sequence is another factor in achieving these objectives.

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# XP-endo Shaper

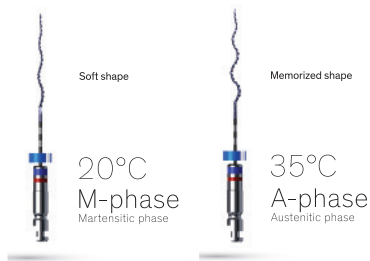
## 3D preparation from a single rotary file

### Technology

With the creation of the exclusive MaxWire® alloy, FKG is bringing two fundamental properties to the forefront: superelasticity and shape memory, with the aim of creating a completely new generation of instruments. Unlike other instruments, these are able to react to variations in temperature and to take on a predetermined shape inside the root canal in response to body temperature. *They can even be pre-bent to aid access to difficult to reach canals.*

Their specific preset shape and their extreme flexibility enables these instruments to contract and expand within the canal itself, and to reach areas which conventional instruments simply cannot access. Furthermore, their small ISO diameter and their narrow taper give them extreme resistance to cyclic fatigue.

These factors enable this new technology to provide treatment for extremely complex root canal morphology, simply and efficiently, whilst being able to preserve the canal structure to a remarkable extent.



### Two Technologies Combined

The XP-endo Shaper is the latest addition to the XP-endo® range. It is a truly innovative broad spectrum shaping instrument which can be used to radically simplify endodontic sequences.

It results from the combination of two cutting-edge technologies:

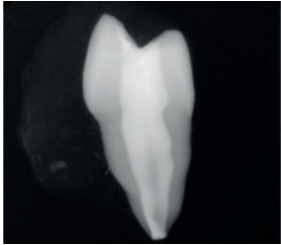
- > Made with MaxWire® alloy, like the XP-endo Finisher, it offers remarkable flexibility and fatigue resistance, and the ability to progress within the canals with ease and agility, expanding or contracting according to the canal morphology. With an initial taper of .01, the XP-endo Shaper expands once inside the canal, achieving a taper of at least .04.
- > Thanks to the Booster Tip (BT), the XP-endo Shaper benefits from a unique geometry, having six cutting edges at the tip. The BT tip respects the trajectory of the canal, whilst removing more material with each pass. It enables the instrument to start shaping an ISO diameter smaller than the one of the instrument. Used with the XP-endo Shaper, the BT tip enables it to start shaping after a glide path of at least ISO 15, and to gradually increase its preparation size to achieve an ISO 30.



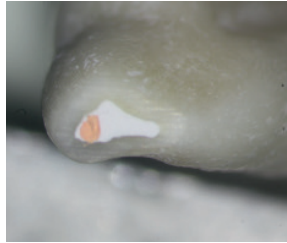
# Clinical Cases

## Case 1

Case of a canal preparation (ex-vivo) for a maxillary right first premolar prepared to 30/.04 with the XP-endo Shaper then filled with TotalFill® BC Sealer™ and TotalFill® BC Points™. We can see that the original shape of the canal has been perfectly preserved and the canal system completely filled.



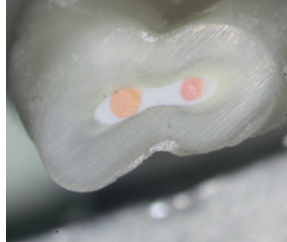
Radiograph showing the bucco-lingual aspect of the maxillary first premolar.



Cross-section 1mm from the apex.



Cross-section 4mm from the apex.

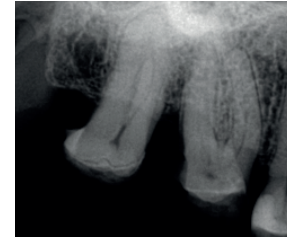


Cross-section 7mm from the apex.

Radiograph in bucco-lingual direction and cross-sections of the distal canal.  
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## Case 2

This case concerns a 62 year old woman presenting a symptomatic pulpitis on the first upper right molar. After preparing a glide path to 15/.02, the canals were instrumented with the XP-endo Shaper to 30/.04 following the instructions for use. The canals were then obturated with TotalFill® BC sealer™ and TotalFill® BC Points™.



Pre-op.



Post-op.

Case 2 - Pulpectomy on a first upper right molar instrumented to 30/.04 with XP-endo Shaper.  
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# The 3D Revolution in Endodontics

BOOKING  
FORM

Places are limited so reserve your place(s) today. Freefax 0800 97 000 78 or contact the Schottlander Education & Events Co-ordinator direct on 01462 704 633, e-mail: [courses@schottlander.co.uk](mailto:courses@schottlander.co.uk) or Freephone 0800 97 000 79

**DENTIST COURSE FEE:** £125.00 + VAT per person (£150.00 inc. VAT per person).

**NURSE COURSE FEE** (1st accompanying nurse): £25.00 + VAT per person (£30.00 inc. VAT per person).

*Prices includes light refreshments.*



**Prof James Prichard**

**EXETER:**

Thursday 28th Sept

LATE PM

Friday 29th Sept

AM  PM

**Dr Fadi Jarad**

**LIVERPOOL:**

Thursday 2nd Nov

LATE PM

Name\* \_\_\_\_\_ GDC No\* \_\_\_\_\_ Name\* \_\_\_\_\_ GDC No\* \_\_\_\_\_

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