

Integrating Technology to the Endodontics of the 21st Century

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Abstract

In the last few years the root canal therapy has registered important advances on the diagnostic and procedure to do more common the visit to endodontist for the patients; this include the use of magnification and other equipment like apex electronic locator, cone beam tomography, microscope as well as many systems of rotational instrumentation of nickel-titanium; the use of cone beam its revolutionary endodontic therapy because they show different views of the apical lesions; Likewise we will analyze the important advantages and benefits of using the digital radiovisiography than conventional x-ray; also we show many papers from reputed journals and clinical cases for the discussion of this theme; The new rotational Techniques, like Protaper next, offers many advantages than the other on the canal instrumentation, likewise we will review many concepts of irrigation and the new procedures and materials for do this; A review will be made from the new techniques of obturation canals and we see a video tape from the same; we also review the properties from the nickel-titanium instruments and generalities for all the rotary instruments; we analyse which are the best methods to locate the apical constriction which be in a paper from the journal of endodontics, USA; we will discuss and show the complicated anatomy from the C-Shaped root canal system and we reviewed the endodontic case difficulty Assessment from the American Association of Endodontics. Therefore, we will see the important of investigation and the use of new methods to do more effective and in less time the root canal treatments.

Keywords: *Endodontics; 21st Century*

Dentistry has evolved in the last three decades by leaps and bounds and with this has grown the incorporation of equipment and new materials that serve the Odontologist in its clinical practice and allow you to make better treatments.

Specifically in the area that competes for me is Endodontics, advances have been significant with the incorporation of the use of microscopes, electronic pagers, the radiovisiograph and more recently the cone beam; The new rotary instruments and motors with new reciprocating movements make the Endodontics a more comfortable, fast and above all safe experience; My teaching experience of more than a decade has helped me to know and to explore that the use and implementation of all these devices serve to make better treatments.

We are reluctant and afraid to use these devices but my recommendation for all dentists and students is not to be afraid to learn to use these equipment and use them whenever they have and can be done; We live in the age of the Internet in which patients can access information that was previously unavailable and therefore are more demanding patients who want the best for them; The integral attention must always be accompanied by the humanism and ethics that should distinguish us as Health Professionals that we are.

The word Change is the only thing we can have in mind in this 21st century, what we did two decades ago is not what will serve us now, everything evolves, the equipment and techniques are perfected over the years and if We are not in constant updating we will be left behind in the acquisition and application of this new knowledge.

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From this point of view, Professional Associations play a very important role, just as the Universities must be generators of Knowledge and promoters of new talents, the government must support more in this work to all that we dedicate to it.

I recommend to my students of Bachelor and Postgraduate that whenever they can use their electronic tracker of apices since there are several studies that have proven their effectiveness and accuracy in determining the cement-dentin-conduit (CDC), which is up to Where our endodontic instrumentation should arrive. Also, the use of computerized digital radiovisigraph helps us a lot when taking and developing our X-rays as it represents a considerable time saving in addition to that we can see the structures of the mouth in a better way.

Another advantage that this device has is that it can make measurements of the lengths of the crowns and roots and also of the alveolar bone very accurate; This is important when taking endometrial conductometry or for the placement of implants or crowns in rehabilitation; The information can be stored on the hard disk of a computer and then shared with other dentists; This also applies to the use of cone beam which has been gradually introduced due to the high cost that still has in the market and that very few dentists can access to buy such equipment, Radiovisiographies also represent a very strong investment for most dentists and only a few can have one in their clinic.

The use of the cone beam has opened a field of 360 “that was closed since the radiography only gave us a two-way view, now with the cone beam you can see things that could not be seen before as resortions or the actual size of Periapical lesions or forgotten ducts.

New vertical sealing techniques used with new hi-tech equipment have improved endodontics; Also, the techniques of lateral obturation have improved much with the introduction of the gutta-percha with variable taper that fill the conduit instrumented almost in its entirety.

In any way that one works is important that the Odontologists know and apply the Code of Ethics of the Dental Association of their respective Country; The basic principles of Diagnosis and prevention should never be lost sight of and we must work as close as possible to pay attention with a deep humanism as we attend People and these should be seen in an integral way and try to solve the problems of nature Buccal presentation.

In many countries, the Odontologist is still related to pain and this has to change. The 21st Century Dentistry must be seen as a person who has the knowledge to relieve pain and solve problems from a multidisciplinary approach and applies prevention More than anything before healing; The fear to go to the revisions only brings many problems to the patients, our work is very important to convince the population of approaching to receive the services offered by the Dentistry of the new millennium and the benefits that it offers; Dentistry should be exercised with 4 hands since this is much better than when working alone.

My recommendation to new generations of dentists is that after finishing the course continue to study and join the schools in your community, actively participating in these Colleges brings us innumerable benefits in our Practice as well as the relationships that this entails and the continuous collective learning. Practicing a sport and activities that distract us and release the stress that brings the attention of patients is also something that we should all perform.

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