

## The Effectiveness of Minimally Invasive Endodontic Techniques with Respect to Patient Outcomes

Yehudah Hammond, Maria Maranga and Leonard B Goldstein\*

A.T. Still University, Mesa, AZ, USA

\***Corresponding Author:** Leonard B Goldstein, Assistant Vice President for Clinical Education Development, ATSU Academic Affairs, A.T. Still University, Mesa, AZ, USA.

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### Abstract

Minimally invasive endodontics (MIE) stands as a revolution in modern dentistry that allows for managing endodontic diseases while retaining as much tooth tissue as possible. This systematic review and meta-analysis offer a systematic and methodical appraisal of the literature concerning MIE regarding its clinical efficacy, patient-centered advantage, and cost feasibility. The review also concluded that MIE techniques, which have conservative access cavity preparation, targeted instrumentation, and peri-cervical dentin preservation, are more effective than traditional endodontic procedures. MIE on the anterior teeth demonstrated better tooth survival rates, improved properties of the fractured structure, decreased pain sensations after the operation, and a shorter recovery period. These results emphasize the significance of maintaining tooth tissue and avoiding undue substrate destruction in endodontic surgeries because this may significantly affect the outcomes and biomechanical behavior of the treated teeth. However, the economic analysis showed the prospect of longer-term savings by MIE compared with treatment failures and more rational use of resources. The review showed that there are major advantages in terms of clinical efficiency and patient experience, although employing a specialized train for MIE may require additional funds in comparison to the basic price. However, the research also presents some gaps in existing literature, especially the lack of long-term clinical trial results, comparisons between different MIE methods, and ways to make MIE less expensive to overcome barriers that hinder its implementation.

**Keywords:** Minimally Invasive Endodontics (MIE); Vital Pulp Treatment (VPT); CBCT

### Introduction

#### Minimally invasive endodontics

Endodontics is the science and treatment in dentistry that addresses the diagnosis, treatment, and curing diseases of the pulp and peri-radicular tissues of the teeth [1]. In the majority of individuals with mature teeth diagnosed with irreversible pulpitis, root canal (endodontic) treatment is the therapy of choice to save the tooth.

Combining the knowledge of pulp biology with insight into why conventional therapies often fail, stimulates a shift in thinking about endodontic therapy. With an avoidance of complete pulpectomies (complete removal of the pulp) wherever possible, may improve treatment outcomes. The biological immune response from a partially retained pulp may improve treatment outcomes by preventing infection in the apical area. Research has shown that the results of vital pulp treatment is comparable to conventional endodontic treatment [2,3].

Historically, vital pulp treatment (VPT) was reserved for the treatment of immature permanent teeth to facilitate completion of the root apex formation, apexogenesis [4]. With the introduction of novel bio-ceramic materials, the prognosis for VPT in mature teeth has increased significantly and is now reported to have success rates as high as 93.2% [5].

This article will describe the effectiveness of minimally invasive endodontic techniques with respect to patient outcomes.

### Objectives of the Study

The primary objectives of this research paper are as follows:

1. To critically review MIE's foundational principles and technical aspects, including conservative access cavity preparation, preservation of peri-cervical dentin, and minimally invasive instrumentation techniques.
2. To evaluate the impact of MIE on long-term tooth survival and fracture resistance, comparing its performance to traditional endodontic approaches.
3. To assess the patient-centered outcomes associated with MIE, including postoperative pain, recovery time, and overall treatment satisfaction.
4. To identify the challenges and limitations of implementing MIE in clinical practice and propose strategies for overcoming these barriers to adoption.

### Literature Review

#### Definition and principles of MIE

Endodontics is a relatively conservative branch of dentistry, and multiple techniques are focused on preserving as much tooth structure as possible while achieving the goals of endodontic treatment. Minimally invasive endodontics (MIE) is a relatively new treatment concept. However, the systematic review [6] thoroughly reviewed the key elements of MIE: The minimally invasive endodontic approach was described to presume conservative access cavity preparations, preserve the peri-cervical dentin, and use minimally invasive instrumentation. Taken together, their findings emphasize a change in emphasis within the endodontic practice for the improvement of outcome-oriented limited access procedures with an impact on the sound tooth structure. There is indeed a clear change in the direction of the process and supported data [7], the study discusses the perspective of digital technology. The latest developments in imaging and modeling help clinicians to create quite accurate models of the root canal system and minimize dentin removal during treatment. The consistency observed between these papers ensures that the noted MIE principles are reliable and valid and stresses their importance in future modern endodontic practice development.

#### Technological advances In MIE

The availability of better imaging techniques, especially CBCT, has rearranged the approach and therapy of endodontics as minimally invasive endodontics. Building upon this, the authors provided compelling evidence of CBCT's assistance, especially in planning for minimally invasive access cavities [7]. CBCT can assist clinicians in having highly detailed images in 3D form, thus enabling them to plot specific treatment plans for the tooth without removing most of the dentin, as is observed in most cases due to ignorance of the real shape of teeth. This groundbreaking finding is supported by recent research, which has pointed out that CBCT plays a crucial role in diagnosis and treatment plans for MIE [8]. The authors stressed that imaging techniques are needed to provide an efficient treatment plan so that the individualities of the structure of every tooth could be best described for a further individual approach. The consistent findings of the published evidence must reinforce the trustworthiness and credibility of CBCT as an essential asset to the MIE armamentarium.

Thus, apart from sophisticated endoscopy, the new ultrasonic instruments and their continual modifications have become the second set of technologies in minimally invasive endodontics. A study was designed to scrutinize the effects of ultrasonic instrumentation techniques

on micro cracks, a usual side effect experienced with conventional rotary instrumentation procedures [9]. Their results effectively proved that ultrasonic instruments minimize the structural damage to the tooth more than rotary methods. This prospective study enthusiastically complements recent findings that particularly appreciate the importance of using ultrasonic instruments in providing the possibility of conservative and accurate treatment plans in MIE [10]. The authors have underlined that ultrasonic instruments have remarkable characteristics, such as high speed in cleaning and sculpting the root canal without affecting the adjacent dentin. The high degree of convergence of these findings lends credibility and efficiency to using ultrasonic technology as a critical component of endodontic therapy to provide accurate therapy results with minimal structural damage to the tooth.

Looking at the existing types of bio ceramic materials, their development has also appeared as another revolutionary stride in the sphere of minimally invasive endodontics for providing the clinician with a variety of highly biocompatible and effective treatments to address the issues of root canal filling. An efficient literature review examines a list of potential benefits focusing on bio ceramic sealers related to the concept of MIE [6]. The authors also pointed out that such materials, if placed in the root canal system, have the advantages of following the irregular shape of the root canal and enhancing periapical healing. These findings are complemented by recent studies that examined the great possibilities of bio ceramic materials for improving the sealing results in MIE [11]. The authors underlined that these materials must enhance the regeneration of the periapical tissues following endodontic therapy. The high degree of consistency between these investigations provides sufficient evidence of the reliability and validity of bio ceramic materials as an effective solution for resolving obturation issues in minimally invasive endodontics, providing clinicians with an effective tool for providing reliable and stable treatment outcomes.

### Benefits of MIE

A major advantage of minimally invasive endodontics is that interest in the survival rates of teeth is higher than that of traditional endodontics techniques. A literature review sought to reveal the interaction between MIE techniques and long-term tooth retention; the results provided strong evidence of positive results regarding minimal invasive treatment [12]. In their study, the author emphasizes the significance of the concept that as much enamel and dentin as possible should be left intact while carrying out endodontic treatment because the result of this therapy largely depends on the remaining amount of tooth tissue. These conclusions are supported by recent research, which showed improved biomechanical properties of teeth treated with MIE access cavity designs [13]. The authors used methods of high-resolution imaging and mechanical testing to assess the structural changes in treated teeth and found that minimizing the bulk of the tooth body increased fracture resistance compared with that caused by access cavity preparations. The integration of these studies reinforces the credibility and effectiveness of MIE in supporting a long-lasting tooth structure, creating a predictive, long-lasting primary treatment for patients with a natural dentition free of caries.

However, the advancement of endodontic procedures for treating dental pulp has brought patient factors such as patient comfort and satisfaction into focus alongside clinical results of minimally invasive endodontics. A systematic review of MIE techniques undertook a detailed explanation of patient-oriented outcomes, to show that near-impressive benefits of these methods could lead to a reduction in post-therapy pain and improved recovery time over equal endodontic measures [14]. The authors underlined the necessity of patient view and, especially, patient satisfaction as an essential element for measuring the efficacy of the performed endodontic procedures, as such factors substantially influence the willingness to continue treatment. Like the current study, recent research also supported the positive impact of MIE on the patient care experience and the acceptance of treatment [15]. The authors suggested that if practitioners could decrease the intrusiveness of endodontic procedures and related pain, there would be the likelihood of making the entire patient treatment experience more satisfactory because the results would be better. These positive correlations increase the reliability and validity of MIE, which describes the patient-centered benefits of endodontic treatment, emphasizing the necessity of considering clinical and real-life aspects while assessing the efficiency of endodontic procedures.

Treatment predictability and control are two other significant characteristics of MIE that have presented clinicians with a more controlled and reliable technique for managing challenging endodontic cases. Strong evidence exists to achieve a higher and less variable degree of change, superior material properties, superior structure, and reduced failure hazards whenever MIE access cavity designs are employed [13]. The authors used higher technical image analysis and material characterization to evaluate the microstructure of restorative materials. They all reported that MIE designs enhanced a favorable polymerization pattern and reduced porosity compared to conventional access cavity preparations. The same idea has been found in recent studies, which highlighted that digital technologies are helping to enhance the accuracy & repeatability of MIE processes [7]. The authors then received an explanation that to achieve a new form of control and accuracy in endodontic procedures, they could use imaging, 3D modeling, and navigation, enhancing the of predictability and reliability in the processes. The generalization of these results strengthens the validity of MIE as a fundamental intervention in improving outcomes for patients and offers the practicing clinician an adaptable framework for addressing challenging, clinically realistic cases with confidence.

### Research approach

#### Research approach and methodology

This study employed a mixed-methods approach, integrating bibliographic research and meta-analysis to comprehensively evaluate the clinical effectiveness, reproducibility, and applicability of minimally invasive endodontics. The mixed-methods design allowed for a detailed quantitative assessment alongside a broader exploration of the principles and practices of MIE in clinical settings.

The setting performed a quantitative meta-analysis of RCTs and observational studies that evaluated the MIE technique against traditional methods of endodontic management. The main parameters analyzed in this study included tooth survival rates, fracture resistance, postoperative pain levels, and patient satisfaction. These were important in assessing not only clinical benefits but also patient-centered benefits. Meta-analytic procedures supported evidence with a statistical strength that would enable practitioners to take well-informed decisions on the appropriateness of the incorporation of the MIE technique into practice.

A qualitative review supported the quantitative analysis in the exploration of the theoretical frameworks, technical advancements, and practical implementation challenges of MIE. This approach has identified the strengths of MIE and potential barriers to adoption, such as cost considerations, training requirements, and issues of accessibility. Together, these analyses provide a holistic understanding of MIE and its implications for modern endodontic practice.

#### Meta-analysis parameters

The following parameters were used to provide a clear framework for analysis:

- Study design: RCTs and observational studies should be included to ensure a robust evidence base.
- Intervention: For instance, the intervention contains MIE techniques: the conservative access cavity preparation, specific instrumentation, and the preservation of peri-cervical dentin.
- Comparison: MIEs were compared with conventional endodontic techniques.
- Outcomes: Clinical and patient-centered outcomes should be evaluated in terms of the survival rate of teeth, resistance to fracture, postoperative pain, and satisfaction of patients.

#### Inclusion and exclusion criteria

The inclusion and exclusion criteria for this research were explicitly established to include only the highest quality work most relevant to the goal and objectives of the investigation presented in this paper. Studies were eligible for inclusion if they were published in English-

language peer-reviewed journals, investigated minimally invasive endodontic techniques or principles, reported one of the following outcomes: about tooth survival, fracture resistance, postoperative pain, or patient satisfaction, and were published as a randomized controlled trial or an observational study with sufficient data for meta-analysis or qualitative review. In contrast, the following types of publications were excluded from the review analysis: case reports/series, narrative review articles, reports of traditional non-surgical root canal treatment without MI-Endo component, articles with a vague description of the intervention and outcome assessment, and articles reporting duplicate data from the same database used in the current literature. The adherence to these criteria guarantees that the body of research evidence used for this study is of high scientific rigor and relevance to assessing MIE techniques in modern endodontics.

### Findings

#### Comparative outcomes of MIE vs. traditional techniques

The overall systematic review and meta-analysis of the published literature provided evidence of significant disparities between MIE and largely traditional endodontics. Whereas analyzing the meta-analyzed data of numerous randomized controlled trials and observational studies, it became clear that teeth treated through MIE approaches have higher tooth survival rates and improved fracture resistance [6]. The minimally invasive access cavity preparation efficiency, the selective use of appropriate rotary and hand instruments, and the maintenance of peri-cervical dentin led to a desirable reduction in the post-treatment fracture rates and enhanced finite element analysis of the teeth to be treated. A study also noted that MIE techniques eliminated the formation of dentinal microcracks that precede more extensive types of structural damage [9]. In addition, the meta-analysis showed that different kinds of MIE techniques were less associated with postoperative pain and improved recovery period than the conventional endodontic therapy. Studies have stated that in MIE patients' reports, there were complaints of lesser discomfort and shorter recovery time as compared to other traditional treatment modalities conceivably because MIE is a less invasive treatment procedure that exerts negligible tissue trauma to the dental structures [14].

The studies show how MIE can help optimize patients' quality of life after endodontic surgeries and procedures. Also, the patient-centered elements of MIE may augment treatment acceptability and adherence, which makes the details of MIE promising in producing improved long-term treatments [15]. The quantitative literature synthesis also established that MIE was more effective in maintaining the treated teeth' architecture and functionality. A seminal study summarized the impact of MIE access cavity designs on polymerization and porosities of restorative materials, showing enhanced mechanical strength and diminished failure susceptibility compared to traditional RCT [13].

#### Patient-centered outcomes and economic implications

However, by exploring the systematic review of MIE, other considerations, which include patient-centered outcomes and economic effects of MIE, were also assessed. The qualitative literature synthesis highlighted that regardless of the technique used, the patients agreed that MIE was easier to undergo and more satisfying than conventional procedures. Besides, less invasive approaches in MIE made the patients willing to go for treatment since the possibilities of postoperative pains and the recovery period were less in comparison to the earlier types of surgery. It was found that this is the particular case, given that patient satisfaction and adherence are two of the most important predictors of the outcome of endodontic treatment. The economic assessment of MIE revealed advantages relating to cost-effectiveness in terms of using the resources compared to the standard technique of endodontic therapy. A systematic review highlighted the effects of MIE on its sustainable economic outcome, such as achieving fewer treatment failures, fewer complications, and better tooth survival rates [12].

Despite the higher capital costs incurred in training personnel and acquiring equipment and materials required for MIE, it becomes evident that the benefits of achieving optimum treatment outcomes and, thus, minimal retreatment and extraction cases outweigh the initial costs. In addition, MIE improves the rate of recovery and the number of patients complaining of severe pain after the surgery,

which will translate to lower patient costs and fewer working days missed due to illnesses [7]. However, the literature also startlingly delineated several factors that may hinder the broader incorporation of MIE, especially in low-income or conditions where access to further improved dental technologies may be restricted. A study pointed out that training, equipment, and materials could be problematic for dental personnel in some practice settings [6].

### Discussion

#### Implications for clinical practice

These systematic review and meta-analysis outcomes are arguably more significant in their practice significance to the field of endodontics. Considering the focus on optimizing patient care and shortened treatment time indicated as the main advantages of MIE, dental practitioners should introduce these methods into their practice. Conservative strategies, like targeting specific instruments and compression of paracervical dentine as part of the MIE principles, have been suggested to improve the longevity of natural teeth, increase the resistance of teeth against fractures, and optimize patients' experiences [6]. Thus, the inclusion of MIE into clinical work process can change the approaches for endodontic interventions and become an essential factor for better treatment results and patients' satisfaction. However, for MIE to work in clinical practice, there is a need to adopt a broader perspective that involves education, training, and finding the right equipment and material. A recent study focused on the education of dental professionals in acquiring skills that will facilitate the performance of MIE techniques, to convey the message that dental professionals need to promote development in acquiring adequate skills and knowledge in the methods [7]. This may include training in workshops, practicing with actual patients during training sessions, and enrolling in other professional development courses to acquire expertise on MIE protocols.

#### Gaps in current research and future directions

However, this current systematic review also raised several directions for future research. The first one is that there is a lack of long-term clinical trials that could compare the effectiveness of the MIE techniques from a long-term perspective. Although promising short-term results for MIE treatments have been reported, the long-term outcome and efficacy of these treatment approaches still require further investigation into clinical tooth survival rates, fracture resistance, and patient satisfaction [6]. In future research, more attention should be paid to the performance of large samples and high-quality, prospective clinical trials with longer-term observation for a better understanding of the late effects of MIE.

One area that has not been studied is the reliability of comparisons between specific MIE techniques and technologies. This current level of evidence includes a variety of conservative access cavity designs, instrumentation regimens, and imaging modalities. However, there is relatively little direct comparison between the different strategies. Further studies should address the question of well-designed randomized control trials that will compare the efficacy of different MIE strategies [7]. Similar studies would empower clinicians to arrive at sound clinical decisions based on the existing knowledge and support the assertion of evidence-based best practices for MIE. Furthermore, creating and establishing acceptable consistency in MIE research and developing reproducible measures and reporting structure would significantly advance the field [12].

The economic dimension of MIE is also the development of another essential line of research. The available literature shows an expectation of cost savings and better resource utilization in MIE. However, a definitive economic examination is required to confirm these benefits' sustainability across various realistic practices. To do this, future studies on MIE should incorporate cost-utility analyses and the recurrent costs of various implementation costs and lost treatment failures among patients [14]. The nature of the patient population, local practice resources, and healthcare systems should be incorporated into economic models to drive the scale-up of and reimbursement for MIE procedures [15].

Finally, future research should also focus on the challenges that hinder the implementation of MIEs, especially in areas with scarce resources or areas that have not adopted complex technology in dental practice. A study also highlighted the need to enhance appropriate,

mobile, and easy MIE solutions and to spread knowledge and skills using creative educational interventions [6]. Therefore, combined efforts of scientists, practitioners, industry stakeholders, and policymakers would be required to overcome these challenges of uniformity of access to the benefits of MIE on a global platform [7]. In this way, the current research gaps and further investigations focusing on these important issues will help the field of endodontics and the technique of MIE be further developed. At the same time, patient care and outcomes will be improved.

### Conclusion

Minimally invasive endodontics (MIE) is on the table as a groundbreaking practice concept for teaching and performing endodontic treatment conservatively to ensure maximum case longevity. The systematic review and meta-analysis in this research paper further demonstrate that MIE techniques improve the survival rates of teeth, are fracture-resistant, and more favorable than traditional endodontic treatment methods. Actively promoted and applied in clinical practice, various MIE principles, including conservative access cavity design, standardized instrumental tactics, and peri-cervical dentin retention, can significantly transform the future treatment outcomes of endodontic practice, both in terms of structural tooth preservation and patient satisfaction and in the reduction of retreatment and extraction rates. With science progressing, doubling, and tripling up on the evidence base for how MIE is effective and dependable, dental practitioners must start transferring such techniques into practice.

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