The Best Ways to Perform EZ-Fill® SafeSider® Endodontics
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Introduction:
SafeSiders were developed to negotiate curved canals with as little resistance as possible. This means that the instruments require far less hand pressure allowing them to be used many more times than conventional instruments without distortion and replacement. It also means that the canals themselves are subject to far less distortional stresses facilitating the greater tapered shaping associated with superior instrumentation.

Why reamers are recommended over files:
Most of you learned the use of files in dental schools. You also found that in tight, curved canals, they encountered significant resistance that often required the application of strong hand pressure to overcome this resistance resulting in hand fatigue, distorted canals and distorted instruments. Files encounter far greater resistance because they are tightly twisted square wires that make 4 point contact with every flute.
Reamers, on the other hand, are loosely twisted triangular wires that make 3 point contact with every flute. Each flute on a reamer makes less contact than a file and there are about one half the number of flutes. As a result, reamers instrument canals with less hand fatigue, less distorted canals and less distorted instruments.
• The flat-sided design of the EZ-Fill SafeSider reamers derives from the understanding that a reamer design is significantly better than a file design because it engages less dentin. Consequently, a relieved SafeSider designed reamer must be significantly better than a conventional reamer because it engages even less dentin at any one time and also has a thinner cross-sectional area making it more flexible.

Important information on the use of the stainless steel and NiTi EZ-Fill SafeSider reamers:
The stainless steel EZ-Fill SafeSider reamers like all stainless steel instruments are strong, tough and highly resistant to fracture. Consequently, they are advanced toward the apex using a wristwatch like motion. If some minor binding occurs it can be overcome by using a little more rotational pressure. If binding is too great counter rotate the instrument and take smaller bites of dentin in the clockwise direction. When finally at the apex, rotate the instrument in the clockwise direction and remove at the same time. Once the instrument can be easily removed while screwing it in at the same time, you are ready for the next instrument in the sequence.

The Sequence:
1. Instrumentation to the apex thru the EZ-Fill No. 20 stainless steel SafeSider reamer.

Instrument to the apex thru a No. 20 EZ-Fill SafeSider reamer.

Reamers are used differently from the stainless steel instruments. NiTi, in general, is far more prone to both torsional fracture and fracture due to cyclic fatigue. Because of its vulnerability, NiTi is rotated clockwise only to the point of binding, never beyond. Once the EZ-Fill NiTi SafeSider binds, the instrument is counter rotated about a half turn and then again rotated clockwise up to the point of binding always applying some apical pressure. Using these motions the NiTi instrument is advanced to measurement. Once at measurement they are not rotated the way the stainless steel reamers are. At measurement without being able to rotate them is all that is necessary for the canal to be shaped to an .08 mm/mm taper and the medium gutta percha point to fit.

Remove the EZ-Fill NiTi SafeSider reamer by counterrotating it as little as possible before pulling it out. The less you counterrotate, the more the debris will be left on the reamer rather than left in the canal.
2. Use a No. 2 peeso reamer to straighten and deepen the flare of the canal (perhaps the No. 2 peeso went a distance of 15 mm before it encountered enough resistance to stop its apical progress, leaving 8 mm of distance to the apex)

3. Instrument to the apex with the EZ-Fill No. 25 stainless steel SafeSider reamer.

4. Instrument to the apex with the EZ-Fill No. 30 stainless steel SafeSider reamer.

5. Instrument to the apex with the EZ-Fill No. 35 stainless steel SafeSider reamer.

6. Instrument 1 mm short of the apex with the EZ-Fill No. 40 stainless steel SafeSider reamer.

7. Now use the No. 2 Gates Glidden to further straighten and deepen the flare of the canal. (Once the glide path has been widened with thicker SafeSiders, the No. 2 Gates Glidden will easily go several more mm’s apically).

8. Instrument to the apex with the EZ-Fill No. 30/.04 NiTi SafeSider reamer

9. Instrument to the apex with the EZ-Fill No. 25/.08 NiTi SafeSider reamer

The canal is ready to receive an .08 mm/ mm tapered medium gutta percha point.

The SafeSider reamer instrumentation technique will allow you to instrument any canal within 2-7 minutes from the moment of measurement without any canal distortion or fear of instrument separation.

Suggested items needed to do The EZ-Fill SafeSider Instrumentation and EZ-Fill Obtrusion Techniques:
1) SafeSider Intro Kit (25mm Reamers)
2) Package of #8 25mm SafeSider Reamers
3) Package of #10 25mm SafeSider Reamers
4) Package of #15 25mm SafeSider Reamers
5) Package of #20 25mm SafeSider Reamers
6) EZ-Fill bi-directional spiral and epoxy resin cement intro kit (3-21mm & 1-25mm)
7) Package of #2 Gates Gliddens

The approximate cost to get started is $220.00

If you feel that you are having trouble instrumenting with the SafeSiders, please feel free to call me at (212) 582-8161. I’ll be happy to help.

I am always pleased to conduct a no-cost hands-on session for anyone who wants to learn how to use the SafeSiders for efficient and excellent results.

See www.endomail.com for information about our next in-house hands-on course, or contact me at (212) 582-8161 if the scheduled date is not convenient for you.

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