RESEARCH ARTICLE

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Comparison Of Quality of Obturation and Instrumentation Time Using Manual Hand-K Files and Rotary Kedo-S Square Files for Pulpectomy in Primary Molars: A Double Blinded Randomised Controlled Trial

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ABSTRACT

Aim: To compare and evaluate the instrumentation time and quality of obturation between paediatric rotary files and manual hand k-files

Materials and Methods: Sixty mandibular molars were randomly assigned to two experimental groups (n=30). Group I was instrumented using Kedo-S Square paediatric rotary files and Group II with manual hand K-files. Standardised digital radiographs were taken before and after root canal instrumentation. Root canal preparation time was also recorded. Statistical analysis of the obtained data was done using SPSS software version 17.0. The quality of obturation was done using ANOVA and Chi square test with the level of significance set at 5%.

Results: Mean instrumentation time with paediatric rotary Kedo S Square files (72.6s) was significantly less than manual k-files (92.4s) (p< 0.001). There was a significant improvement in the quality of obturation (p<0.015) with paediatric rotary files (kedo-S Square). (Kedo-S) and manual instrumentation techniques in primary molars. (p < 0.05). There was a significant improvement in the quality of obturation (p < 0.05) with paediatric rotary files (Kedo-S).

Conclusion: Kedo-S Square rotary system provides better quality of root canal filling in minimum instrumentation time.

Keywords: Hand files, Primary molars, Paediatric rotary files, Innovative Technique

INTRODUCTION

Retaining primary teeth in the oral cavity until its physiological exfoliation to preserve arch integrity is the ultimate goal in Paediatric Dentistry (1) Literature suggests that reasons to preserve the primary teeth is to gain during mastication, serve a pulpally involved primary tooth in the absence of a permanent tooth, prevent aberrant tongue habits, prevent possible speech problems, manage aesthetics, prevent the psychological effects associated with early tooth loss, and maintain normal eruption time of the succedaneous teeth (2) The only viable option in paediatric dentistry to re-establish the dentition to a functional state is through endodontic intervention (3)

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Pulpectomy is the treatment of choice for symptomatic decayed deciduous teeth and is a demanding and tedious procedure in paediatric dentistry (4) The success of endodontic procedure lies in an efficient chemo mechanical preparation (5) The universal method for debridement and shaping of primary root canals is hand instrumentation, but can result in iatrogenic errors such as perforation, ledge formation. It's Also generally time consuming for cleaning and shaping of the deciduous root canals with hand files (6) The length of the procedure in paediatric practice is firmly connected with the child's behaviour and his/her ultimate acceptance of the dental treatment (7)

Barr et al was the first to use Nickel Titanium (Ni-Ti)rotary files in deciduous teeth (8) Ever since, use of rotary instrumentation for pulpectomy has grown in paediatric dentistry. Various Ni-Ti instruments which recommended for use in permanent teeth were integrated for use in deciduous teeth. Protaper, M2 and K3 files were used for canal preparation with modified sequence to promote its use in deciduous teeth (9) Use of these files, although outstanding, had limitations such as increased file length and taper, which made it problematic for the practitioners to use it in children. There appeared the need for an unique paediatric rotary file with altered length and taper (10)

Jeevanandan G in the year 2017 popularised an unique paediatric rotary file which served the goal, reducing the instrumentation time and resulting in a better quality of obturation, promoting its use in paediatric endodontics (10) The Kedo paediatric rotary files are individualised files which are used solely for root canal preparation of deciduous teeth. To attain successful cleaning and shaping, these files have a variably variable taper (VV) yielding the flexibility and efficiency. Continuous progression of this version is the launch of Kedo S, Kedo-SG and Kedo-SH.

Latest to join in the bandwagon of paediatric rotary files is the Kedo-S Square file system (Reeganz Dental Care Pvt. Ltd, India). This is a single file system for anterior and posterior teeth separately with a total length of 16 mm. The working length of the file is 12 mm with a gradual

taper. A1 (Green and black coded) Kedo S Square rotary file is used in the anterior canal(s), whereas P1(Red and blue coded) is used for posterior canals. Both these files are designed to cut dentin, in a crown down manner, with its controlled taper avoiding excess root dentin removal and are to be used in lateral brushing motion. These files result in momentous preparation in the coronal third and ample preparation at the middle and apical third of the primary root resulting in an easy flow of the obturating material and avoiding lateral perforation at the apical region. Our team has extensive knowledge and research experience that has translate into high quality publications (1-10) (11)(12). There are no studies in the literature evaluating the application of rotary Kedo-S Square file and Hand k-files in primary teeth. Hence, for use in primary teeth, these two instruments were selected for evaluation in the current study.

Hence, the aim of the present study was to comparatively evaluate the instrumentation time and the quality of obturation using Kedo S-Square rotary files and Hand-K files in primary mandibular molars.

MATERIALS AND METHODS

The present randomised clinical trial was carried out in the Department of Paediatric and Preventive Dentistry, Saveetha Dental College and Hospitals following the approval from the Institutional Review Board from September 2019- January 2020. The informed consent was obtained from the parents of the children who participated in the study. CONSORT guidelines (11) for planning and reporting clinical trials in paediatric endodontics was followed during the different stages of the study [Fig-1]

Sample size estimation and study participant's selection

The sample size was calculated from a previous study with 95% power, alpha error at 5%, using G Power analysis and arrived at a total sample of 60 (12). Children between 4 and 8 years of age requiring pulpectomy in any one of the primary mandibular molars were selected and were

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randomly allotted to the groups according to the computer generated randomization sequence, where the instrumentation was done using rotary Kedo S-Square in Group 1 and ManualHand K-files in Group 2.

Children with systemic diseases, lacking cooperative ability were excluded from the study. Also, teeth with sinus opening, pathological root resorption and inadequate coronal tooth structure to receive stainless steel crown were excluded.

Clinical Procedure

A full mouth inspection with Intra Oral Periapical Radiograph of the teeth designated for pulpectomy was taken before the start of the clinical procedure. The working length was evaluated using the pre-operative radiograph. Local anaesthesia was delivered using lignocaine (LOX* 2% adrenaline, Neon Laboratories Limited, India). The tooth designated for pulpectomy was isolated using a rubber dam (GDC Marketing, India) for better visibility and to enhance the efficiency of the operator. Superficial caries were removed using No. 6 round bur and de-roofing of the pulp chamber was done using No.330 pear shaped bur (Mani, Inc, Tochigi, Japan). Patency of the canals were checked using No. 10 size Manual hand K-files in both the groups. The canal preparation was done using:

Group 1:(n=30) Kedo-S Square rotary files (KEDO DENTAL). P1 file was used for canal

preparation in molars as per the manufacturer's recommendation

Group 2:(n=30) Manual Hand K-files from size 15 to size 30 (Mani) in quarter pull turn method.

The files in both the groups were coated with 17% EDTA (RC help, Prime dental products, Pvt. Ltd. India) before instrumentation into the canals. The canals were irrigated with 1ml of 1% sodium hypochlorite and 15 ml of saline. The canals were then dried with sterile paper points (Adenta). Metapex (Meta Biomed Co. Ltd. Chungbuk, Korea) was used for obturation by gently pushing the material with moist cotton pellets. All the clinical procedures were done by a single operator to prevent operational bias.

The instrumentation time was calculated using a digital stop watch and was documented in seconds by a trained dental assistant. The quality of obturation was assessed with the post-operative radiograph using Coll and Sadrian criteria according to which the obturation is graded asunder filled if all the canals were filled more than 2 mm short of the apex, optimally filled if one or more of the canals having ZOE ending at the radiographic apex or up to 2 mm short of the apex, over filled if any canal showing ZOE beyond the root (13).

Assessment was done by a pedodontist who was not a part of the study. All possible actions were taken to avert any sort of bias. The glass ionomer cement was used as the entrance filling and was restored with a stainless steel crown on the same appointment.



[Figure- 1]: Flow chart describing the randomization of the participants and the parameters evaluated during the clinical trial.

Statistical Analysis

The statistical analysis was done using SPSS software version 17.0 (SPSS Inc., Chicago, IL, USA) with a statistical significance set at p < 0.05. Descriptive statistics were used for data summarization and presentation. Independent t-test was used to compare the instrumentation time. Chi square test was used to compare the quality of obturation in both the groups.

RESULTS

The demographic detail of the present study is depicted in Table 1 and shows no statistical significant difference. The instrumentation time on using kedo-S Square paediatric rotary files group was significantly less when compared to manual hand K-files with a statistically significant difference (p <0.005) [Table-2]. However, there was a statistically significant difference noted on the quality of obturation between the two groups (P < 0.05, Chi square test) [Table-3]

Table 1: Demographic variables describing age and distribution of male and female participants in each group

Treatment groups	Sample size	Age (Years)	Gender (Female/Male)
Kedo S-Square files	30	5.10 + 1.185	16/14
Hand K files	30	5.80 + 1.324	18/12

Table 2: Comparison of instrumentation time between two groups

Treatment Group	n	Mean ± SD	Overall p-value
Kedo-S Square files	30	72.6 ± 9.8	<0.001 (sig)*
Hand k-files	30	92.4 ± 12.7	

Table 3: Comparison of obturation quality between the two groups

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Obturation quality	Group, n(%)	Overall p value	
	Kedo-S Square files	Hand K file	
			< 0.015 (sig)*
Under fill	4(13%)	10(33.3%)	
Optimal fill	23(76.7%)	12(40%)	
Over fill	3(10%)	8(26.7%)	

DISCUSSION

Dentistry has witnessed tremendous advances over the past decades and many more extensive approaches are yet to appear ultimately in the future.Managing the behaviour understanding an apprehensive, fearful and disobliging child is the most challenging facet in paediatric dentistry. As the trend continues, the time and attempt required in cleaning of root canals is deteriorating as new instrumentation methods have been established. Manual hand instruments are substituted by rotary instruments in the current endodontic use. The benefit of rotary files in primary teeth for pulpectomy was first advanced during the mid-90's. Barr et al. was the first to represent rotary files in deciduous teeth using the Profile system (6,8,14). The primary goal of attaining pulpectomy in children is to perpetuate the pulpectomy tooth as a natural space maintainer till its natural exfoliation (15). Success of endodontic treatment relies on efficient chemo-mechanical preparation for effective canal disinfection.

In-vitro and in-vivo researches have used Ni-Ti files devised for permanent teeth and analysed the instrumentation technique such as cleaning efficacy, instrumentation time and obturation quality in primary teeth (16,17,18,19). The complex design of the primary teeth vary notably from that of the permanent teeth as the roots of the primary teeth are short, thin, curved and have softer and less dense root dentine with unnoticeable root resorption (20). Besides, the ribbon-shaped morphology of the root canal entails the call for an absolute rotary file for cleaning and shaping of the primary root canals (21). The essential properties to be examined while devising rotary files in primary teeth are alteration in length, taper, appropriate flexibility in rotary files to attain even the narrowest canals in root canal system of the primary teeth (11,22,23,24). In paediatric dentistry, brief treatment period reduces the anxiety, thus providing optimal treatment protocol (12). Hence, the present study evaluates the instrumentation time and obturation quality to

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measure treatment outcome with the two different methods of chemo mechanical preparation.

Makarem et al. has observed reduced chair side time with rotary instrumentation compared with hand instrumentation (25). The present study shows a similar result with statistically significant decreased instrumentation time as compared to hand instrumentation. Similar findings have also been reported by other studies both in vitro and in vivo (9,12,26,27,28). The present study shows a higher number of optimal obturation with rotary instrumentation, as compared to more under obturation with manual instrumentation. The under obturation was higher in manual hand K-file group than that of the Kedo S-Square group.Similar findings have been reported by Tania Ochoa-Romero et al. who reported 80% of teeth showing optimal obturation and L. Govindaraju et al.reported higher number of optimal filling with rotary files as compared to hand files (12, 23). Rotary instrumentation reduces human dexterity, thereby increasing the efficiency of the operator (29). Bergmans et al has reported higher cervical enlargement and restricted apical preparation with progressive taper than constantly fixed taper (30). This can be the reason for better obturation quality as rotary Kedo S-Square files have variable taper as compared to manual hand kfiles. Another reason for better obturation quality with rotary Kedo-S Square files as compared to hand files can be due to the use of NiTi material used, which increases the flexibility of files (10). This aids in the adaptation of files to the primary canal curvature, rather than increased zipping and transportation as in hand instrumentation (31).

Use of two-dimensional imaging modality, employed to assess the quality of obturation could be considered as a potential limitation of the present study. Clinically, the reduced instrumentation time improves patient cooperation and lessens innervation of the operator. However, long term follow-up is needed to appraise the clinical and radiographic success of the pulpectomy achieved using different instrumentation techniques.

CONCLUSIONS

Kedo-S Square rotary file system showed a marked reduction in instrumentation time with superior quality of obturation in primary mandibular molars compared to conventional hand K-files. It can be used as an appropriate and advanced alternative to the existing Kedo files and permanent rotary file system in rendering effective and faster dental treatment in children.

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