



TWISTED FILES

GET TWISTED!

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THE TF TECHNIQUE

CORONAL ACCESS & GLIDE-PATH TECHNIQUE

- 1 - Create straight-line access to the coronal 1/3 of the canal.
- 2 - Beginning with the smallest K-File that will go to length, establish an apical glide path to the working length. We recommend using the M4 Safety Handpiece. Use SlickGel as your lubricant. Irrigate with NaOCl (Sodium Hypochlorite).
- 3 - Repeat up to at least a size #20 K-File.
- 4 - Irrigate the canal with NaOCl. SlickGel will effervesce in the presence of NaOCl. Continue irrigating until there is no more effervescence.

TF CANAL SHAPING TECHNIQUE

- 1 - Use the following settings with your handpiece:
 - Motor speed – 500-625 RPM's
 - Torque settings – Novag motor: AP 50; DTC Motor: 400 g-cm; Endotouch TC or TC2: 4-5.
- 2 - With the file rotating as you enter the canal, slowly advance the file with a single controlled motion until the file engages dentin, then completely withdraw the file from the canal. Do not force the file apically. Do not peck.
- 3 - Wipe the flutes. Irrigate with NaOCl then confirm patency with #10 K-File. Repeat step 2 using the TF file you started with until you are not able to passively advance or working length is achieved. Never apply pressure on the TF file.
- 4 - Repeat with next file in chosen sequence until final working length and desired shape are achieved.

When irrigating with **EndoVac**, finish to at least a **#35 TF** or larger.

NOTE: Techniques suggested are guidelines for the average case. It is imperative that clinical judgment always be exercised, appropriate setting adjustments are made and additional safety measures are implemented based on individual case requirements.

RECOMMENDED FILE SEQUENCE

	STEP 1		STEP 2		STEP 3
ANTERIORS	<div>.08 25</div> <div>822-8253 (23mm) 822-8257 (27mm)</div>	➡	<div>.06 30</div> <div>822-6303 (23mm) 822-6307 (27mm)</div>	➡	<div>.04 40</div> <div>822-4403 (23mm) 822-4407 (27mm)</div>
POSTERIORS	<div>.08 25</div> <div>822-8253 (23mm) 822-8257 (27mm)</div>	➡	<div>.06 25</div> <div>822-6253 (23mm) 822-6257 (27mm)</div>	➡	<div>.06 30</div> <div>822-6303 (23mm) 822-6307 (27mm)</div>

Anterior Procedure Packs: 23mm .08/25, .06/30 & .04/40 (822-3864); 27mm .08/25, .06/30 & .04/40 (822-7864)

Posterior Procedure Packs: 23mm .08/25, .06/25 & .06/30 (822-3866); 27mm .08/25, .06/25 & .06/30 (822-7866)

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0 5 10 15 20 25 30 millimeter

