



# **QUALITY IMPROVEMENT IN DENTAL AND MEDICAL KNOWLEDGE, RESEARCH, SKILLS AND ETHICS FACING GLOBAL CHALLENGES**

Edited by

Armelia Sari Widyarman, Muhammad Ihsan Rizal,  
Moehammad Orliando Roeslan & Carolina Damayanti Marpaung



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## QUALITY IMPROVEMENT IN DENTAL AND MEDICAL KNOWLEDGE, RESEARCH, SKILLS AND ETHICS FACING GLOBAL CHALLENGES

The proceedings of FORIL XIII 2022 Scientific Forum Usakti conjunction with International Conference on Technology of Dental and Medical Sciences (ICTDMS) include selected full papers that have been peer-reviewed and satisfy the conference's criteria. All studies on health, ethics, and social issues in the field of dentistry and medicine have been presented at the conference alongside clinical and technical presentations. The twelve primary themes that make up its framework include the following: behavioral epidemiologic, and health services, conservative dentistry, dental materials, dento-maxillofacial radiology, medical sciences and technology, oral and maxillofacial surgery, oral biology, oral medicine and pathology, orthodontics, pediatrics dentistry, periodontology, and prosthodontics. This proceeding will be beneficial in keeping dental and medical professionals apprised of the most recent scientific developments.



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*Edited by*

Armelia Sari Widyarman, Muhammad Ihsan Rizal,  
Moehammad Orliando Roeslan and Carolina  
Damayanti Marpaung  
*Universitas Trisakti, Indonesia*



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## Table of Contents

<i>Preface</i>	xiii
<i>Acknowledgements</i>	xv
<i>Committee Members</i>	xvii

### *Behavioral, epidemiologic and health services*

Characteristics of knowledge and attitude of Indonesian professional healthcare students toward Basic Life Support (BLS) courses <i>I. Gunardi, A. Subrata, A.J. Sidharta, L.H. Andayani, W. Poedjiastoeti &amp; S. Suebnukarn</i>	3
---	---

Bibliometric analysis of <i>imperata cylindrica</i> papers in Scopus database (2012–2021) <i>M.O. Roeslan, S. Wulansari &amp; P. Monthanapisut</i>	9
---	---

Development and validation of Indonesian version of OHIP-49 questionnaire using Rasch model <i>F.K. Hartanto, I. Gunardi, A. Kurniawan, A.J. Sidharta &amp; W.M.N. Ghani</i>	17
---	----

Knowledge regarding dental and oral health among pregnant women (study at Palmerah Community Health Center, West Jakarta) <i>P.A. Salsabila, L.H. Andayani &amp; A.G. Souliissa</i>	24
--	----

The xerostomia's effect on methadone therapy program patients' oral-health-related quality of life <i>T.T. Theresia, A.N. Fitri &amp; W. Sudhana</i>	31
---	----

The differences in work strategy and work fatigue between female and male dentists during the COVID-19 pandemic in Indonesia <i>D. Ranggaini, W. Anggraini, A.P. Ariyani, I. Sulistyowati &amp; M.F.C. Musa</i>	42
--	----

Dental students' perceptions and behaviors concerning oral hygiene and eating habits during the COVID-19 pandemic in Indonesia <i>A. Asia, L. Astuti, T.E. Astoeti, A.S. Widyarman &amp; W. Sudhana</i>	49
--	----

Analyzing teledentistry consultation during the pandemic Covid-19: A challenge of images in online consultation <i>M. Chandra &amp; R. Tjandrawinata</i>	56
---	----

### *Conservative dentistry*

Mandibular first molar with radix entomolaris: An endodontic case report <i>F. Farasdhita, W. Widyastuti &amp; E. Fibryanto</i>	67
--	----

Walking bleach technique on endodontically treated caninus with tetracycline discoloration <i>J.D. Susanto, A.P. Dwisaptarini &amp; S. Wulansari</i>	73
---	----

Successful management of primary periodontal lesion with secondary endodontic involvement: A case report <i>F. Katrini, W. Widyastuti &amp; Aryadi</i>	77
Non-surgical treatment for extensive perapical lesion: A case report <i>M.P. Darmawanti, A.P. Dwisaptarini &amp; D. Ratnasari</i>	84
Monolithic zirconia endocrown: Indirect restoration for endodontically treated teeth <i>W. Wulandari, T. Suwartini &amp; E. Fibryanto</i>	90
Effect of air-abrasive particle and universal bonding to shear bond strength of zirconia <i>F. Witoko, M.F. Amin, D. Ratnasari &amp; R. Tjandrawinata</i>	95
Composite as a post-obturation restorative material on a non-vital tooth with endodontically treatment: A case report <i>R. Landy, W. Widyastuti &amp; S. Wulansari</i>	101
Caries detection effectiveness of two techniques assessed using FACE method <i>Y. Winardi &amp; A.P. Dwisaptarini</i>	112
<i>Pluchea indica</i> less leaves extract as a root canal irrigant against <i>Enterococcus faecalis</i> Colonies: <i>Ex vivo</i> study <i>E. Fibryanto, A. Tio, J.A. Gunawan, A. Hidayat &amp; N.Z.M. Noh</i>	116
Differences in resin polishing technique of nanofiller and nanohybrid composites <i>E.A.W. Yanti, A.P. Dwisaptarini, Elline &amp; M.S. Jamil</i>	124
Differences in the effect of two Nickel Titanium rotary files preparation toward the changes on root canal curvature <i>A. Darkim, W. Widyastuti, S. Wulansari &amp; E.A. Budiyaniti</i>	129
Effect of high refractive index composite resin thickness on CIELAB value <i>A.P. Dwisaptarini, D. Ratnasari, I. Hadiutomo, R. Tjandrawinata &amp; R. Trushkowsky</i>	136
Single-visit retreatment in underfilled root canal of mandible second premolar: A case report <i>G. Jesslyn, B.O. Iskandar &amp; T. Suwartini</i>	141
Antibiofilm effect of avocado ( <i>Persea Americana</i> ) seed ethanol extract on <i>Streptococcus mutans</i> and <i>Enterococcus faecalis</i> ( <i>ex vivo</i> ) <i>S. Wulansari, A.S. Widyanman, R.U. Nadhifa &amp; M.J. Fatya</i>	146
Three-dimensional obturation in maxillary first molar with MB2: A case report <i>A. Sutanto, E. Fibryanto &amp; A.E. Prahasti</i>	154
Semi-direct composite overlay restoration as an alternative restoration for endodontically treated tooth: A case report <i>N. Brians, J.A. Gunawan, A.E. Prahasti, E. Istanto &amp; S.M. Khazin</i>	160
Comprehensive treatment of immature necrotic permanent teeth: A case report <i>A.E. Prahasti, E. Fibryanto, E. Elline &amp; W. Widyastuti</i>	166
Diastemas management using direct composite resin restoration: The digital smile design approach <i>E. Elline, D. Ratnasari, E. Fibryanto, A.E. Prahasti &amp; R. Iffendi</i>	173

Removal of broken file using ultrasonics at one-third apical second molar distal: A case report <i>Y. Sutjiono, B.O. Iskandar, A.E. Prahasti, A. Subrata &amp; S.M. Khazin</i>	178
<i>Apis mellifera</i> honey and miswak ( <i>Salvadora persica</i> ) effect on tooth color changes <i>N.D. Iskandar, D. Ratnasari &amp; R. Stefani</i>	182
Fiber reinforced composite in endodontically treated tooth: A case report <i>J. Setiawan, T. Ariwibowo &amp; M.F. Amin</i>	188
The management of post-endodontic treatment using fiber-reinforced composite: A case report <i>R. Lambertus, T. Suwartini, E. Elline, A.E. Prahasti &amp; S.A. Asman</i>	195
Management of crown-root fracture with pulp exposure: A case report <i>Y. Susanti, B. Iskandar &amp; T. Ariwibowo</i>	201
Management of molar with C-shape root canal configuration: Case reports <i>F. Antonius, T. Suwartini &amp; J.A. Gunawan</i>	207
Endodontic treatment on young age molar with pulp polyp and diffuse calcification finding in a radiograph <i>P. Andriani, A.P. Dwisaptarini &amp; J.A. Gunawan</i>	214
Cyclic fatigue of three heat-treated NiTi rotary instruments after multiple autoclave sterilization: An <i>in-vitro</i> study <i>S.A. Putri, W. Widyastuti, A. Aryadi &amp; R. Amtha</i>	221
Endodontic management of S-shaped root canal on mandibular first molar: A case report <i>N. Tanuri, M.F. Amin &amp; S. Wulansari</i>	226
Root canal treatment on the complex case using ultrasonics: A case report <i>L.H. Wibowo, E. Elline, E. Fibryanto, A.E. Prahasti &amp; D. Qurratuani</i>	231
Management of iatrogenic problems during root canal treatment <i>Y.N. Argosurio, M.F. Amin &amp; E. Elline</i>	236
Non-surgical endodontic retreatment of maxillary first premolar with direct composite restoration: A case report <i>A.R. Pradhista, B.O. Iskandar &amp; Aryadi</i>	243
 <i>Dental materials</i>	
The effect of soft drinks containing citric and phosphoric acid toward enamel hardness <i>A. Aryadi, D. Pratiwi &amp; C. Cindy</i>	249
Microhardness of a flowable bulk-fill resin composite in immediate and 24-hour storage <i>R. Tjandrawinata, D. Pratiwi, F.L. Kurniawan &amp; A. Cahyanto</i>	255
The effect of halogen mouthwash on the stretch distance of the synthetic elastomeric chain <i>M. Wijaya, R. Tjandrawinata &amp; A. Cahyanto</i>	261



Synthesis and characterization of $\beta$ -tricalcium phosphate from green mussel shells with sintering temperature variation <i>M.R. Kresnatri, E. Eddy, H.A. Santoso, D. Pratiwi, D.L. Margaretta &amp; T. Suwandi</i>	267
The effect of immersion in 75% concentration tomato juice on the mechanical properties of nanohybrid composites resin <i>J. Kamad, D. Liliany &amp; E. Eddy</i>	277
Evaluation of setting time of glass ionomer cement mixed with ethanolic extracts of propolis <i>T.S. Putri, D. Pratiwi &amp; A.E.Z. Hasan</i>	285
The knowledge level of dental students on adequate composite resin polymerization in the COVID-19 pandemic era <i>O. Octarina &amp; L.A.L. Ongkaruna</i>	290
 <i>Dento-maxillofacial radiology</i>	
The role of dental record data in the mass disaster identification process: A case report of the Sriwijaya SJ-182 airplane crash <i>V. Utama, R. Tanjung, A. Quendangen, A. Fauzi, A. Widagdo, M.S. Haris &amp; A.S. Hartini</i>	299
Management of postmortem dental radiography procedure in mass disaster victim identification <i>R. Tanjung &amp; I. Farizka</i>	305
Radiomorphometric analysis of gonion angle and upper ramus breadth as a parameter for gender determination <i>I. Farizka &amp; R. Tanjung</i>	312
 <i>Medical sciences and technology</i>	
Artificial intelligence application in dentistry: Fluid behaviour of EDDY tips <i>H.H. Peeters, E.T. Judith, F.Y. Silitonga &amp; L.R. Zuhul</i>	321
<i>MTHFR</i> C677T, A1298C*, and its interaction in nonsyndromic orofacial cleft phenotypes among Indonesian <i>S.L. Nasroen &amp; A.M. Maskoen</i>	328
 <i>Oral and maxillofacial surgery</i>	
The effectiveness of giving forest honey ( <i>Apis Dorsata</i> ) and livestock honey ( <i>Apis Cerana</i> and <i>Trigona</i> ) on the number of fibroblast in wound healing after tooth extraction ( <i>in vivo</i> research in Wistar rats) <i>T.A. Arbi, I.N. Aziza &amp; T. Hidayatullah</i>	341
Reconstruction of large post-enucleation mandibular defect with buccal fat pad <i>N.A. Anggayanti, A.D. Sastrawan &amp; O. Shuka</i>	348
Challenge and management of dental implant during COVID-19 pandemic: Bone formation on second stage implant surgery <i>D. Pratiwi, H. Pudjowibowo &amp; F. Sandra</i>	354

The evaluation of maxillary sinus for implant planning through CBCT <i>A.P.S. Palupi, W. Poedjiastoeti, M.N.P. Lubis, I. Farizka, B. Claresta &amp; J. Dipankara</i>	360
The jawbone quantity assessment of dental implant sites <i>W. Poedjiastoeti, M.N.P. Lubis, Y. Ariesanti, I. Farizka, J. Dipankara &amp; S. In glam</i>	366
Comparative assessment of the distance between the maxillary sinus floor and maxillary alveolar ridge in dentulous and edentulous using panoramic radiography <i>A.S.D. Audrey, W. Poedjiastoeti, M.N.P. Lubis, J. Dipankara &amp; S. In glam</i>	372
Comparison between impacted mandibular third molar against mandibular angle and canal <i>N. Marlina, W. Poedjiastoeti, I. Farizka, J. Dipankara &amp; S. In glam</i>	379
<i>Oral biology</i>	
Saliva as a diagnostic tool for COVID-19: Bibliometric analysis <i>M.I. Rizal, R.A. Hayuningtyas, F. Sandra, M.S. Djamil &amp; B.O. Roeslan</i>	387
Cytotoxicity activity of <i>Allium sativum</i> extracts against HSC-3 cells <i>I.J. Pardenas &amp; M.O. Roeslan</i>	393
Effectiveness of probiotic lozenges in reducing salivary microorganism growth in patients with fixed orthodontic appliances: A pilot study <i>A.S. Widyarman, S. Vilita, G.C. Limarta, S.M. Sonia &amp; F. Theodorea</i>	399
Potential anticancer properties of <i>Apium graveolens</i> Linn. against oral cancer <i>T. Hartono, F. Sandra, R.A. Hayuningtyas, S. Jauhari &amp; J. Sudiono</i>	407
Antibacterial activity of bromelain enzyme from pineapple knob ( <i>Ananas comosus</i> ) against <i>Streptococcus mutans</i> <i>D. Liliany, E. Eddy &amp; A.S. Widyarman</i>	414
<i>Elephantopus scaber</i> Linn.: Potential candidate against oral squamous cell carcinoma <i>T. Pang, F. Sandra, R.A. Hayuningtyas &amp; M.I. Rizal</i>	424
Effectiveness of gargling with 100% coconut oil to prevent plaque accumulation and gingival bleeding <i>A.G. Soulissa, M. Juslily, M. Juliawati, S. Lestari, N.P. Ramli, Albert &amp; A. Ismail</i>	429
Hydroxamate HDAC inhibitors potency in mediating dentine regeneration: A review <i>I. Sulistyowati, W. Anggraini, A.P. Ariyani &amp; R.B. Khalid</i>	435
Various compounds that are used as oxidative stress inducers on fibroblast cell <i>Komariah, P. Trisfilha &amp; R. Wahyudi</i>	443
Nano encapsulation of lemongrass leaves extract ( <i>Cymbopogon citratus</i> DC) on fibroblast viability with oxidative stress <i>N. Ericka, K. Komariah, R. Wahyudi &amp; T. Trisfilha</i>	450

Arumanis mango leaves ( <i>Mangifera indica</i> L.) extract efficacy on <i>Porphyromonas gingivalis</i> biofilm <i>in-vitro</i> <i>S. Soesanto, Yasnill, A.S. Widyarman &amp; B. Kusnoto</i>	461
A systematic review to evaluate the role of antibiotics in third molar extraction <i>R.A. Hayuningtyas, S. Soesanto, P. Natassya &amp; S.B. Gutierrez</i>	468
Efficacy of epigallocatechin gallate gel on VEGF and MMP-9 expression on ulcerations <i>L.A. Porjo, R. Amtha &amp; M.O. Roeslan</i>	472

### *Oral medicine and pathology*

Salivary interleukin (IL)-6 in elderly people with stomatitis aphthous and gingivitis associated with the occurrence of cognitive impairment <i>D. Priandini, A. Asia, A.G. Soulissa, I.G.A. Ratih, T.B.W. Rahardjo &amp; E. Hogervorst</i>	481
The uses of palm fruit ( <i>Borassus flabellifer</i> L.) in dentistry <i>J. Sudiono &amp; T.G.R. Susanto</i>	489
Endodontic irrigation solution administration induces oral mucosal deformity: A case report <i>R. Amtha, D. Agustini, N. Nadiah, F.K. Hartanto &amp; R.B. Zain</i>	496
Profile of oral mucosa changes and perception of e-cigarettes smoker <i>R. Amtha, A.P. Rahayu, I. Gunardi, N. Nadiah &amp; W.M.N. Ghani</i>	502
Potency of <i>Solanum betaceum</i> Cav. Peel skin ethanol extract towards TNF- $\alpha$ blood level (Study in vivo on inflammatory rats model) <i>J. Sudiono &amp; M.T. Suyata</i>	508
Stomatitis venenata due to nickel as inlay materials in a 24-year-old woman: A case report <i>F. Mailiza, A. Bakar &amp; U. Nisa</i>	518
Treatment challenge of oral lichenoid lesion associated with glass ionomer cement restoration: A case report <i>F.K. Hartanto, I. Gunardi, M.L. Raiyon, N. Nadiah &amp; H. Hussaini</i>	526
Validity and reliability of the Indonesian version of COMDQ-26: A pilot study <i>J.V. Winarto, I. Gunardi, C.D. Marpaung, R. Amtha &amp; W.M.N. Ghani</i>	531

### *Orthodontics*

Interceptive orthodontic treatment needs and its relating demographic factors in Jakarta and Kepulauan Seribu <i>Y. Yusra, J. Kusnoto, H. Wijaya, T.E. Astoeti &amp; B. Kusnoto</i>	539
Diastema closure and midline shifting treatment with standard technique (Case report) <i>H.F. Lubis &amp; J.X. Ongko</i>	543
Intrusion and uprighting using TADs in mutilated four first permanent molar case <i>H.F. Lubis &amp; F. Rhiyanthy</i>	548

Moringa and papaya leaf inhibit <i>Streptococcus mutans</i> and <i>Candida albicans</i> <i>H.F. Lubis &amp; M.K. Hutapea</i>	554
Intruding upper first molar using double L-Loop in an adult patient: A retreatment case <i>H.F. Lubis &amp; Joselin</i>	561
Profile changes in Class III malocclusion using protraction facemask in Indonesian patients (Cephalometric study) <i>H. Halim &amp; I.A. Halim</i>	565
<i>Pediatric dentistry</i>	
Oral microbiome dysbiosis in early childhood caries (Literature review) <i>T. Putriany &amp; H. Sutadi</i>	575
<i>Periodontology</i>	
Permanent splint using removable partial denture framework on reduced periodontium: A case report <i>V. Hartono, F.M. Tadjoedin, A. Widaryono &amp; T.A. Mahendra</i>	587
The effect of electric smoking on the severity of chronic periodontitis <i>A.P. Fathinah &amp; M. Louisa</i>	594
Periodontitis effects toward the extent of COVID-19 severity (Scoping review) <i>S.A. Arthur &amp; M. Louisa</i>	603
Scaffold-based nano-hydroxyapatite for periodontal regenerative therapy <i>N.A. Harsas, Y. Soeroso, N. Natalina, E.W. Bachtiar, L.R. Amir, S. Sunarso, R. Mauludin &amp; C. Sukotjo</i>	614
Defect management using hydroxyapatite and platelet-rich fibrin in advanced periodontitis <i>V. Wibianty, V. Paramitha &amp; N.A. Harsas</i>	621
The relationship between age with caries status and periodontal treatment needs on visually impaired individuals <i>P. Wulandari, M.A.L. Tarigan, K. Nainggolan, M.F. Amin &amp; J. Maharani</i>	630
Effects of COVID-19 on periodontitis (Scoping review) <i>A.R. Somawihardja &amp; M. Louisa</i>	638
Concentrated growth factor for infrabony defect in periodontitis treatment: A review <i>F.C. Maitimu &amp; T. Suwandi</i>	643
Subcutaneous emphysema after dental stain removal with airflow: A case report and anatomical review <i>A. Albert, W. Anggraini &amp; W. Lestari</i>	651
Bonding agents for dentine hypersensitivity treatment: A review <i>O.N. Komala, L. Astuti &amp; F.C. Maitimu</i>	657
Advantages and disadvantages of 2017 new classification of periodontitis (Scoping review) <i>R. Anggara &amp; K. Yosvara</i>	668

Comparison of periodontal disease severity in COVID-19 survivors and non-COVID-19 individuals <i>M. Louisa, R.A. Putranto, O.N. Komala &amp; W. Anggraini</i>	677
Aerosol spread simulation during ultrasonic scaling and strategies to reduce aerosol contamination <i>M. Sundjojo, V. Nursolihati &amp; T. Suwandi</i>	685
The effect of pineapple ( <i>Ananas comosus</i> L.) juice on biofilm density of streptococcus sanguinis ATCC 10556 <i>T. Suwandi &amp; Y.V. Thionadewi</i>	689
 <i>Prosthodontics</i>	
Prevalence and risk indicators of bruxism in Indonesian children <i>C. Marpaung, I. Hanin, A. Fitriyanur &amp; M.V. Lopez</i>	697
Validity and reliability of temporomandibular disorders screening questionnaire for Indonesian children and adolescents <i>C. Marpaung, N.L.W.P. Dewi &amp; M.V. Lopez</i>	704
Effect of submersion of alginate molds in povidone iodine concentration of 0,47 % solution toward dimensional change <i>N. Adrian &amp; I.G.P. Panjaitan</i>	710
Effect of pure basil leaf extract on surface roughness of heat cured acrylic resin <i>I.G.P. Panjaitan &amp; N. Adrian</i>	715
Prosthetic rehabilitation after mandibular reconstruction in young adult patient with ameloblastoma history <i>I. Hanin &amp; I. Setiabudi</i>	720
Treatment of tooth supported magnet retained maxillary complete overdenture: Case report <i>I.G.A.R.U Mayun</i>	725
Complete denture management with torus palatinus: A case report <i>E.S.I. Sari, I.K. Julianton &amp; G.G. Gunawan</i>	730
Management of rehabilitation for partial tooth loss with immediate removable dentures in the era of the COVID-19 pandemic: A case report <i>A. Wirahadikusumah</i>	734
Management of anterior mandibular lithium disilicate crown fracture <i>J. Handojo &amp; L.A. Halim</i>	742
Author index	747

## Preface

Faculty of Dentistry Universitas Trisakti (Usakti) presents FORIL XIII 2022 Scientific Forum Usakti conjunction with International Conference on Technology of Dental and Medical Sciences (ICTDMS) on December 8th–10th 2022. The theme of the conference is “Quality Improvement in Dental and Medical Knowledge, Research, Skills and Ethics Facing Global Challenges”.

The triennial conference has served as a meeting place for technical and clinical studies on health, ethical, and social issues in field medical and dentistry. It is organized around 12 major themes, including behavioral, epidemiologic, and health services, conservative dentistry, dental materials, dento-maxillofacial radiology, medical sciences and technology, oral and maxillofacial surgery, oral biology, oral medicine and pathology, orthodontics, pediatrics dentistry, periodontology, and prosthodontics.

The most recent findings in fundamental and clinical sciences related to medical and dental research will be presented in the conference that will be published as part of the conference proceeding. This proceeding will be useful for keeping dental and medical professionals up to date on the latest scientific developments.

Dr. Aryadi Subrata  
Chairman FORIL XIII conjunction with ICTDMS



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## Endodontic management of S-shaped root canal on mandibular first molar: A case report

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**ABSTRACT:** Knowledge of root canal anatomy and its variation are essential to enhance the success of endodontic treatment. Morphology of S-shaped root canals often becomes a challenge in endodontic treatment. Common causes of failure can be loss of the original shape of root canals, fractured instruments, ledge, and zip. Objective: The present case report describes the potential problem of losing the original shape of the root canal in the endodontic treatment of curvature root canals. A 30-year-old female patient with a spontaneous toothache on her left mandibular first molar in the past six months. She described having intense, lasting, nocturnal pain that lasted for a few minutes. The clinical examination showed a cavity at the proximal-distal. Radiographic examination showed an S-shaped on the mesial root canal. Preoperative periapical radiographs are required to assess these morphological variations in the root canal system. Glide path preparation was sequentially established by K-file #08, #10 up to size #15, followed by Pro-Glider. Biomechanical preparation was done by reciprocal file with thermomechanical blue treatment to improve material properties, which increase their fatigue resistance and flexibility. The canals were obturated using a warm vertical compaction technique. The final restoration was restored with a composite overlay. The flexibility and diameter of the instrument affect the outcome of root canal instrumentation.

### 1 INTRODUCTION

Root canal curvature has different shapes, such as s-shaped, gradual, dilacerated, apical, sickle-shaped, and severe-moderate-straight curves are among the possible shapes (Khan et al. 2017). The root canal system's anatomical intricacy makes endodontic therapy challenging to clean, shape, and obturate (Machado et al. 2014). The success of endodontic treatment depends on the microorganisms' elimination from the root canal system and the adequate canal biomechanical debridement (Sakkir et al. 2014). Root canals that are not cleaned and filled properly might provide a source of persistent irritation, affecting the prognosis of the endodontic treatment (Machado et al. 2014).

The preparation of S-shaped canals presents one of the most significant challenges in endodontic treatment (Sakkir et al. 2014). S-shaped root canal preparation has been associated with unfavorable outcomes, such as ledge formation, canal obstructions, perforations, apical transportation, loss of working length, and loss of the original root canal shape (Matta & Kaur 2021).

### 2 CASE REPORT

A 30-year-old female patient with a spontaneous toothache on her left mandibular first molar in the past six months visited the Department of Endodontics at Trisakti University.

She described having intense, lasting, nocturnal pain that lasted for a few minutes. She stopped biting on the left side of her jaw and took 500mg of mefenamic acid to ease the pain. She has no previous medical history.

The clinical examination showed a cavity at the proximal-distal tooth #36 (Figure 1a). A vitality test utilizing a cold thermal stimulation caused a sharp, lingering pain that persisted for a short period after the stimulus had been removed. Percussion received an excessive response. Palpation testing came out normal.

The distal part of tooth #36 had radiolucency that had entered the pulp chamber, according to a periapical radiograph (Figure 1b). Southard's method was used to calculate the curvature of the root by sketching the intersection of lines 1 and 2 yields the coronal angle of first curvature and the apical angle of the second curvature is produced by the intersection of lines 2 and 3 (Southard et al. 1987). Using Schneider's method, the root canal curvature degree was classified as straight for angles of  $5^\circ$  or less, moderate for angles of  $10^\circ$ – $20^\circ$ , and severe for angles of  $25^\circ$ – $70^\circ$  (Schneider 1971). The mesial root canal presented with a  $17,9^\circ$  at first curvature was considered moderate. The second curvature was  $29,6^\circ$  and considered severe (Figure 2).

The diagnosis of 36 was symptomatic irreversible pulpitis and symptomatic apical peri-odontitis. Endodontic treatment was scheduled.



Figure 1. a. Preoperative photograph, and b. Preoperative radiograph.

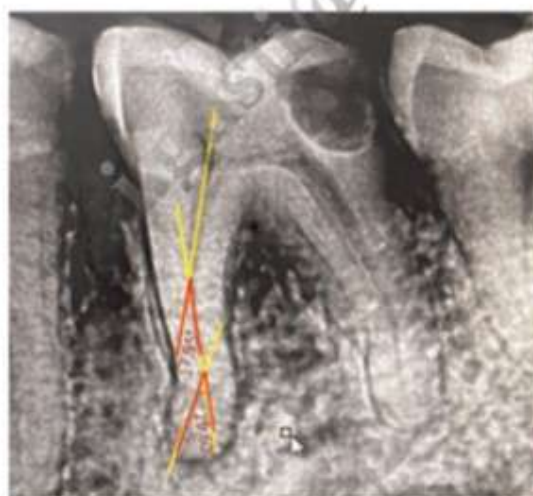


Figure 2. The mesial root canal has two curved. The first curvature was  $17,9^\circ$ , considered moderate, while the second curvature was  $29,6^\circ$ , which was considered severe.

### 3 CASE MANAGEMENT

For patient visits during the COVID-19 pandemic, there are mandatory swab antigens on the patient and an operator who handles them before treatment procedures are carried out and adheres to strict health protocols to avoid infection. The operator must wear level 3 PPE, and treatment is carried out in a negative pressure room.

Patients were required to sign consent forms before having the inferior alveolar nerve anesthetized with Lidocaine HCl 2% and 1:100.000 epinephrine administered through the pterygomandibular space. The buccal nerve was also anesthetized by injecting 0,5 ml of local anesthetic into the tissues surrounding tooth #36. A round bur was used to remove dental cavities after tooth 36 was isolated using rubber dams. Tooth #36 was prepared for coronal access utilizing an endo-access bur. The distal artificial wall was build-up using bulk-fill flowable composite restoration (Figure 3a).

A manual glide path was consecutively established using K-file #08, #10, and up to size 15. The working length was validated using an electronic apex locator and a periapical radiograph (Figure 3b). The temporary restoration was used.

On the second visit, glide path preparation was completed using ProGlider (Dentsply Sirona), and biomechanical preparation was carried out using Reciproc Blue R25/08 file (VDW, Munich, Germany) with a reciprocating system. K-file #25 was used for apical gauging to identify the master apical file and to be fitted to length. The canals were irrigated with sodium hypochlorite 5,25% in between each file application. The solution was rinsed with aquadest and rinsed with 15% EDTA for 3 minutes. Sonic agitation was used to activate the irrigant solutions. The final rinse was performed with distilled water. The canals were dried with the paper point (Figure 3c).

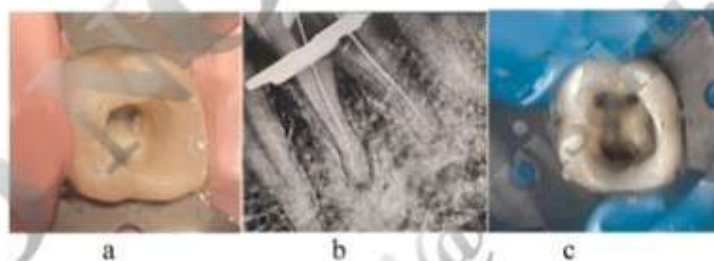


Figure 3. a. Artificial wall on distal b. Working length confirmation; c. Cleaning and shaping.

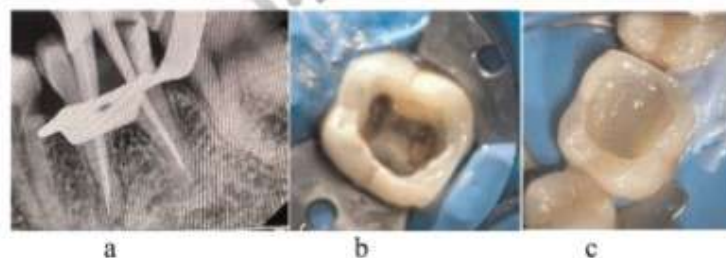


Figure 4. a. Try in Gutta-percha, b. Obturation was done by warm vertical compaction technique, c. Dentin replacement by fiber-reinforced composite.



Figure 5. a. Obturation radiograph, b. Composite overlay cementation, c. Final radiograph after restoration.

Try-in master cone was inserted in the root canal until 'tug back' was achieved and confirmed radiographically (Figure 4a). Obturation was done by warm vertical compaction technique using gutta-percha with calcium hydroxide-based root canal sealer cement. The quality of obturation was confirmed by a radiograph. The gutta-percha was cut and vertically compacted 1mm below the orifices using a heated plugger (Figure 4b). Bulkfilled flowable composite was placed on the gutta-percha as the coronal seal. Dentin replacement was attained using fiber-reinforced composite (everX Posterior, GC, Tokyo) (Figure 4c). Obturation was confirmed by a periapical radiograph (Figure 5a).

On the next appointment, preparations were made for composite overlay. Two weeks later, a composite overlay was conducted (Figure 5b). Self-adhesive resin cement is used to cement the overlay, and confirmed by radiograph (Figure 5c).

#### 4 DISCUSSION

S-shaped canal diagnosis and treatment present endodontic challenges. Periapical radiographs taken before endodontic treatment are essential for determining the degree of root canal curvature (Machado et al. 2014). The S-shaped canal has two curves, the most challenging of which is the apical curve. In these root canals, the risk of strip perforation is very high. To lessen the angle of curvature, Guttman advised preflaring the coronal third, which makes the approach to the second curve easier (Sakkir et al. 2014).

Three stages of root canal preparation were involved: initial canal negotiation, establishing a glide path and shaping canal (Nyongesa et al. 2018). K-file #08, #10, and #15 are used to establish the initial pathway to create a smooth canal pathway. Before introducing a rotary or reciprocating root canal instrument, the glide path was prepared using Proglider (Dentsply Sirona), which effortlessly created an adequate, secure, smooth tunnel from the canal orifice to the apical foramen (Nyongesa et al. 2018).

Reciproc Blue (VDW, Munich, Germany), a single-file system with thermomechanical blue treatment, has recently been created with a reciprocating action. Even in highly curved root canals, endodontic reciprocating files are safe tools for canal preparation that shorten operating time. The reciprocating files have enhanced flexibility and fatigue fracture resistance during canal instrumentation (Silva et al. 2021).

Sodium hypochlorite 5,25% as an irrigant for endodontic therapy has an antibacterial impact, dissolves organic tissue, and has a more alkaline pH (Marion et al. 2012). The chelating agent Ethylenediaminetetraacetic acid (EDTA) is responsible for eliminating the smear layer. EDTA has a greater affinity for calcium ions in an alkaline environment created by the reaction of sodium hypochlorite with EDTA, which increases pH (Zaparolli et al. 2012). Sonic agitation was introduced to increase intracanal irrigant tissue dissolution capacity by producing the hydrodynamic phenomenon. Intracanal agitation increases the irrigant to reach the inaccessible region of the root canal system through acoustic streaming (Forghani et al. 2017).

Several factors influence the final result of the preparation of curved canals, such as the diameter and flexibility of the endodontic instruments, location of apical foramen, techniques of instrumentation, and hardness of the dentin. Therefore, the flexibility of the preparation instruments has a significant role (Matta & Kaur 2021).

Endodontic files are prone to straighten up in the canal; therefore, it is tough to control the dentine removal in the root canal (Sakkir et al. 2014).

In this case, several approaches have been proposed to lessen the procedural mistakes made during canal enlargement and shaping. Deviation with NiTi instruments can be avoided by creating smooth and clean pathways in the canal, utilizing the instruments for a few seconds at their intended length, and avoiding large taper when the anatomy is most complex. In particular, if too much pressure is applied to the instrument and the anatomy is highly curved, repeated placement of these instruments at length or holding them at length during rotation will result in canal deviations and perhaps break the instrument (Shen & Gutmann 2016).

## 5 CONCLUSION

The flexibility and diameter of the instrument affect the outcome of root canal instrumentation.

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# Endodontic Management of S-shaped Root Canal on Mandibular First Molar: A Case Report

*by* Meiny Faudah Amin

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**Endodontic Management of S-shaped Root Canal on Mandibular First  
Molar: A Case Report**

**Manajemen Perawatan Endodontik pada Molar Pertama Mandibula  
dengan Saluran Akar Berbentuk S : Laporan Kasus**

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## ABSTRACT

**Background:** Knowledge of root canal anatomy and its variation are essential to enhance the success of endodontic treatment. Morphology of S-shaped root canals often becomes a challenge in endodontic treatment. Common causes of failure can be loss of the original shape of root canals, fractured instruments, ledge, and zip. Objective: The present case report describes the potential problem of losing the original shape of the root canal in the endodontic treatment of curvature root canals.

**Case report:** a 30-year-old female patient with a spontaneous toothache on her left mandibular first molar in the past six months. She described having intense, lasting, nocturnal pain that lasted for a few minutes. The clinical examination showed a cavity at the proximal-distal. Radiographic examination showed S-shaped on the mesial root canal.

**Case management:** Pre-operative periapical radiographs are required to assess these morphological variations in the root canal system. Glide path preparation was sequentially established by K-file #08, #10 up to size #15, followed by Pro Glider. Biomechanical preparation was done by reciproc file with thermomechanical blue treatment to improve material properties, which increase their fatigue resistance and flexibility. The canals were obturated using warm vertical compaction technique. The final restoration was restored with a composite overlay.

**Conclusion:** The flexibility and diameter of the instrument affect the outcome of root canal instrumentation.

**Keywords:** curved canal, endodontic therapy; S-shaped canal.

## BACKGROUND

Root canal curvature has different shapes, such as apical, gradual, sickle-shaped, severe-moderate-straight, s-shaped, and dilacerated curves are among the possible shapes.<sup>1,2,3</sup> The root canal system's anatomical intricacy makes endodontic therapy challenging to clean, shape, and obturate.<sup>4</sup> The success of endodontic treatment depends on the adequate biomechanical debridement of the canals and the elimination of microorganisms from the root canal system.<sup>2</sup> Root canals that are not cleaned and filled properly might provide a source of persistent irritation, affecting the prognosis of the endodontic treatment.<sup>4</sup>

Preparation of S-shaped canals presents one of the most significant challenges in endodontic treatment.<sup>2</sup> S-shaped root canal preparation has been associated with unfavourable outcomes, such as ledge formation, canal obstructions, perforations, apical transportation, loss of working length, and loss of the original root canal shape.<sup>2,3</sup>

## CASE REPORT

A 30-year-old female patient with a spontaneous toothache on her left mandibular first molar in the past six months visited the department of endodontics at Trisakti University. She described having intense, lasting, nocturnal pain that lasted for a few minutes. She stopped biting on the left side of her jaw and took 500mg of mefenamic acid to ease the pain. She has no previous medical history.

The clinical examination showed a cavity at the proximal-distal tooth 36 (Figure 1). A vitality test utilizing a cold thermal stimulation caused a sharp, lingering pain that persisted for a short period after the stimulus had been removed. Percussion received an excessive response. Palpation testing came out normal.

Periapical radiograph showed radiolucency on the distal part of tooth 36 had penetrated the pulp chamber(Figure 2A). Southard's method was used to determine the root curvature by drawing The intersection of lines 1 and 2 yields the coronal angle of first curvature and the apical angle of the second curvature is produced by the intersection of lines 2 and 3.<sup>5</sup> Using Schneider's method, the degree of root canal curvature was classified as straight for angles of 5° or less, moderate for angles of 10°–20°, and severe for angles of 25°–70°.<sup>6</sup> The mesial root canal presented with a 17,9° at first curvature which was classified as moderate. While, the second curvature was 29,6° which was classified as severe (Figure 2B).

The pulpal diagnosis of 36 was symptomatic irreversible pulpitis, and the periapical diagnosis was symptomatic apical periodontitis. Endodontic treatment was scheduled.

Patient visits during the COVID-19 pandemic, There is mandatory swab antigens on patient, and operator who handles them before treatment procedures are carried out and adhere to strict health protocols to avoid infection. The operator must wear level 3 PPE, and treatment is carried out in a negative pressure room.

Patients were required to sign consent forms before having the inferior alveolar nerve anesthetized with Lidocaine HCl 2% and 1:100.000 epinephrine administered through the pterygomandibular space. The buccal nerve was also anesthetized by injecting 0,5 ml of local anesthetic into the tissues surrounding tooth 36. A round bur was used to remove dental cavities after tooth 36 was isolated using rubber dams. Tooth 36 were prepared for coronal access utilizing an endo-access bur. The distal artificial wall was build-up using bulkfill flowable composite restoration (Figure 3).

Manual glide path was sequentially established using K-file #08, #10, and up to size 15. The working length was validated using an electronic apex locator and a periapical radiograph (Figure 4). The temporary restoration was used.

On the second visit, glide path preparation was completed using ProGlider (Dentsply Sirona) and biomechanical preparation was carried out using Reciproc Blue R25/08 file (VDW, Munich, Germany) with reciprocating system. K-file #25 was used for apical gauging to identify the master apical file and to be fitted to length. The canals were irrigated with sodium hypochlorite 5,25% in between each file application. The solution was flushed out with distilled water and rinsed with 15% EDTA for 3minutes. Sonic agitation was used to activate the irrigant solutions. The final rinse was performed with distilled water. The canals were dried with the paper point (Figure 5). Try in master cone was placed in the canals until 'tug back' was achieved and confirmed radiographically (Figure 6). Obturation was accomplished using gutta-percha with calcium hydroxide-based root canal sealer cement employing the warm vertical compaction technique. A radiograph was taken to confirm the quality of obturation.

The gutta-percha was cut and vertically compacted with a heated plugger 1mm beneath the canal orifices (Figure 7). Bulkfilled flowable composite was placed on the gutta-percha as the coronal seal. Dentin replacement was attained using fiber-reinforced composite (everX Posterior, GC, Tokyo) (Figure 8). Obturation was confirmed by periapical radiograph (Figure 9).

On the next appointment, preparations were made for composite overlay. Two weeks later, a composite overlay was conducted (Figure 10). Self-adhesive resin cement is used to cement the overlay, and a radiograph is taken to confirm it (Figure 11).

## DISCUSSION

S-shaped canal diagnosis and treatment present endodontic challenges. Periapical radiographs taken before endodontic treatment are essential for determining the degree of root canal curvature.<sup>4</sup> The S-shaped canal has two curves, the most challenging of which is the apical curve. In these root canals, the risk of strip perforation is very high. To lessen the angle of curvature, Guttman advised preflaring the coronal third.<sup>2</sup> The coronal third was flared to reduce the angle of curvature, that makes the approach to the second curve easier.<sup>3</sup>

Three stages of root canal preparation were involved: initial canal negotiation, establishing a glide path, and canal shaping.<sup>7</sup> K-file #08, #10, and #15 are used to establish the initial pathway to create a smooth canal pathway. Before introducing a rotary or reciprocating root canal instrument, the glide path was prepared using Proglider (Dentsply Sirona), which effortlessly created an adequate, smooth, secure, and reproducible tunnel from the canal orifice to the apical foramen.<sup>7,8</sup>

Reciproc Blue (VDW, Munich, Germany), a single-file system with thermomechanical blue treatment, has recently been created with a reciprocating action. Even in highly curved root canals, endodontic reciprocating files are safe tools for canal preparation that shorten operating time. The reciprocating files have enhanced flexibility and fatigue fracture resistance during canal instrumentation.<sup>9</sup>

Sodium hypochlorite 5,25% as an irrigant for endodontic therapy have an antibacterial impact, dissolve organic tissue, and have a more alkaline PH.<sup>10</sup> The chelating agent Ethylenediaminetetraacetic acid (EDTA) is responsible for eliminating the smear layer. EDTA has a greater affinity for calcium ions in an alkaline environment created by the reaction of sodium hypochlorite with EDTA, which increases pH.<sup>11</sup> Sonic agitation was

introduced to increase intracanal irrigant tissue dissolution capacity by producing the hydrodynamic phenomenon. Intracanal agitation increases <sup>2</sup> the irrigant to reach the inaccessible region of the root canal system through acoustic streaming.<sup>12</sup>

Several factors influence the final result of the preparation of curved canals, <sup>3</sup> such as the flexibility and diameter of the endodontic instruments, instrumentation techniques, the foramen apical's location, and the dentin's hardness. Therefore, the flexibility of the preparation instruments has a significant role.<sup>2,3</sup>

Endodontic files are prone <sup>1</sup> to straighten up in the canal; therefore, it is tough to control the removal of dentine in the root canal.<sup>2</sup>

In this case, several approaches have been proposed to lessen the procedural mistakes made during canal enlargement and shaping: Deviation with NiTi instruments can be avoided by creating smooth and clean pathways in the canal, utilizing the instruments for a few seconds at their intended length, and avoiding large taper when the anatomy is most complex. In particular, if too much pressure is applied to the instrument and the anatomy is highly curved, <sup>5</sup> repeated placement of these instruments at length or holding them at length during rotation will result in canal deviations and perhaps break the instrument.<sup>8</sup>

## CONCLUSION

The flexibility and diameter of the instrument affect the outcome of root canal instrumentation.



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## FIGURES



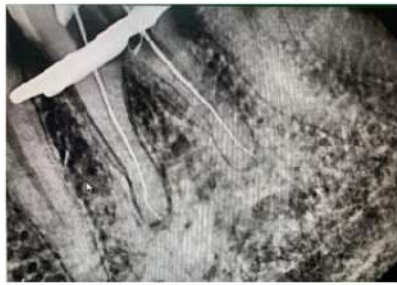
**Figure 1** Pre-operative photograph shows a cavity in the distal wall.



**Figure 2A.** Preoperative radiograph. **B.** The mesial root canal has two curved. The first curvature was  $17.9^\circ$ , considered moderate, while the second curvature was  $29.6^\circ$ , which was considered severe.



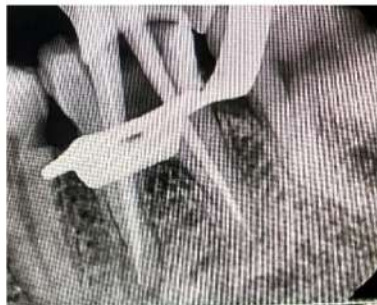
**Figure 3.** Building an artificial wall using flowable composite.



**Figure 4.** Working length was confirmed by radiograph.



**Figure 5.** Canals were dried with paper point after biomechanical debridement.



**Figure 6.** Master gutta percha try in and confirmed by radiograph.



**Figure 7.** Obturation was done by warm vertical compaction technique.



**Figure 8.** Dentin replacement by fiber reinforced composite.



**Figure 9.** Obturation radiograph tooth 36.



**Figure 10.** Composite overlay cementation.



**Figure 11.** Final radiograph after restoration.

# Endodontic Management of S-shaped Root Canal on Mandibular First Molar: A Case Report

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