

# SWHITE® Endodontic File System

## ExactFlow Treatment Protocol

1. Start with a ExactFlow H primary file (25/.07) in the presence of an irrigant. Use short 3 mm amplitude strokes in a gentle inward motion, to passively advance the file.
2. Irrigate, recapitulate with a K-File (10), irrigate.
3. Repeat in 3 mm increments until working length is reached.
4. It is important to withdraw the ExactFlow H file every 3 mm to remove the debris and inspect its cutting flutes. Irrigate, recapitulate with a K-File (10) and irrigate again.

## Shaping Technique Sequence



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## ExactFlow H Shaping Files Technique

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1. Establish straight-line coronal and radicular access.
2. In the presence of a viscous chelator, use a size 10 hand file to verify a glide path to length. In more restrictive canals, use a size 10 hand file in any region of a canal to create a glide path.
3. Expand this glide path to at least .15 mm using either a manual or dedicated mechanical file.
4. ALWAYS initiate the shaping procedure with the primary file (25/.07 red) in the presence of sodium hypochlorite.
5. Use gentle inward pressure and let the primary file passively progress through any region of the canal that has a confirmed glide path. After shaping 2-3 mm of any given canal, remove and clean the PRIMARY file, then irrigate, recapitulate with a size 10 hand file and re-irrigate.
6. Continue with the primary file, in 2-3 passes, to pre-enlarge the coronal two thirds of the canal.
7. Utilize a brushing motion on the outstroke to eliminate coronal interferences or to enhance shaping results in canals that exhibit irregular cross-sections.
8. In more restrictive canals, use a size 10 hand file, in the presence of viscous chelator, negotiate to the terminus of the canal. Gently work this file until it is completely loose at length.
9. Establish working length, confirm patency and verify the glide path.
10. Expand this glide path to at least .15 mm using a manual or mechanical glide path file.
11. Carry the primary file to the full working length in one or more passes. Upon reaching length, remove the file to avoid over-enlarging the foramen. Inspect the apical flutes; if they are loaded with dentinal debris, then the shape is finished\*.
12. If the primary doesn't progress then use the small file (20/.07 yellow) in one or more passes to working length and then use the primary file to working length to optimize the shape.
13. When the shape is confirmed, proceed with 3-D disinfection protocols.

\*If the primary file is loose at length with no dentinal debris in the apical flutes, continue shaping with medium file (35/.06 green) and/or large file (45/.05 white) until the apical flutes are loaded.