

KICK BUTT WITH:

THE LEARNING LESSONS 4 THE DREADED MB2

- EACH LEARNING LESSON WILL FOCUS ON THE MB2.
- LESSONS WILL EITHER FOCUS ON MB2 LOCATION OR NEGOTIATION.
- THESE LESSONS ARE DESIGNED TO HELP YOU GET BETTER!
- LEARN TO PRACTICE E3 ENDODONTICS — EFFICIENT, EFFECTIVE, AND EXCELLENT.
- DON'T JUST GET YOUR ROOT CANALS DONE, GET YOUR ROOT CANALS WON!



Reid V. Pullen, DDS, FAGD

Diplomate of the American Board of Endodontics



My goal in creating The Learning Lessons is to help you perform better root canal treatment on simple to medium difficult cases. Please refer out the hard cases to an Endodontist. Your goal is efficient, effective and excellent root canal treatment.

In the following cases you will see interesting cases that focus on finding and negotiating the MB2. Every case is one that I have treated in my endodontic office over the last 12 years. Everyday I see exciting cases that are cool and provide a great opportunity to learn. I want to bring these cases to you both in written and video format to help you strive to “Be Better Today.”

The Learning Lessons series will provide a treatment focus on specific areas of the root canal procedure. Some times the focus will be on proper case selection, diagnosis, proper anesthesia or rubber dam placement. Other times the focus will be on access, coronal negotiation, coronal flare, negotiation to patency, accurate working length or open glide path. The Learning Lessons will highlight different shaping and NiTi files along with the different obturation modalities: Warm Vertical Condensation, Single Cone or GuttaCore.

Please enjoy each written and video lesson. Digest them slowly and focus on the specific goal of that case. Now come along with me in the game of learning so that you can dominate your next root canal. Remember, “Don’t just get your root canals done get your root canals won.”

WINNING ENDODONTICS COMES FROM TOP RATE
EDUCATION AND PRACTICE, PRACTICE, **PRACTICE.**



CONTENTS

LESSON 1: MB2 WHERE ART THOU?

This case discusses the MB2 access playbook. Do you feel confident locating the MB2?

LESSON 2: MB2 I SEE YOU, BUT MB3 WHERE ART THOU?

This case explores the possibility of not just finding an MB2 but an MB3. Isn't there enough stress already trying to locate an MB2?

LESSON 3: MB2 GIVING ME THE BUSINESS

This case discusses difficult negotiation of the MB2. Have you ever been unable to negotiate the entire MB2 canal?

LESSON 4: KNOCK, KNOCK. WHO'S THERE? MB2.

This case shows you step by step how to locate the hidden MB2. If you know where it may be then you got a shot. Do you know where MB2 lies hidden?

LESSON 5: TROUGH YOU MUST. MB2 WAITING.

This case highlights the removal of the mesial wall to uncover the hidden MB2. Can you do this? "No! Try not! Do or do not, there is no try." --Yoda

THE DREADED MB2

LESSON 6: HELLO MB2 ARE YOU THERE?

Another missed MB2. So sad that this is my life and yours too. Let's find these little canals and get some success.

LESSON 7: DOUBLE TROUBLE- 2 MISSED MB2'S.

In this case I treated two maxillary molars with missed MB2's. Both MB roots popped a lesion and needed retreatment.

LESSON 8: ENDODONTIST MISSED MB2

In this case a local endodontist who is an excellent clinician missed an MB2 and then recommended apical surgery. The patient came to me in discomfort and for a 2nd opinion.

LESSON 9: MB2 SHOW YOURSELF

This case shows an MB2 that is staring at you after access. This was not a tough MB2 to find and after removing the mesial wall I realized that it was right there in plain sight the whole time.

LESSON 10: MB2 I LOVE YOU. PLEASE LOVE ME BACK

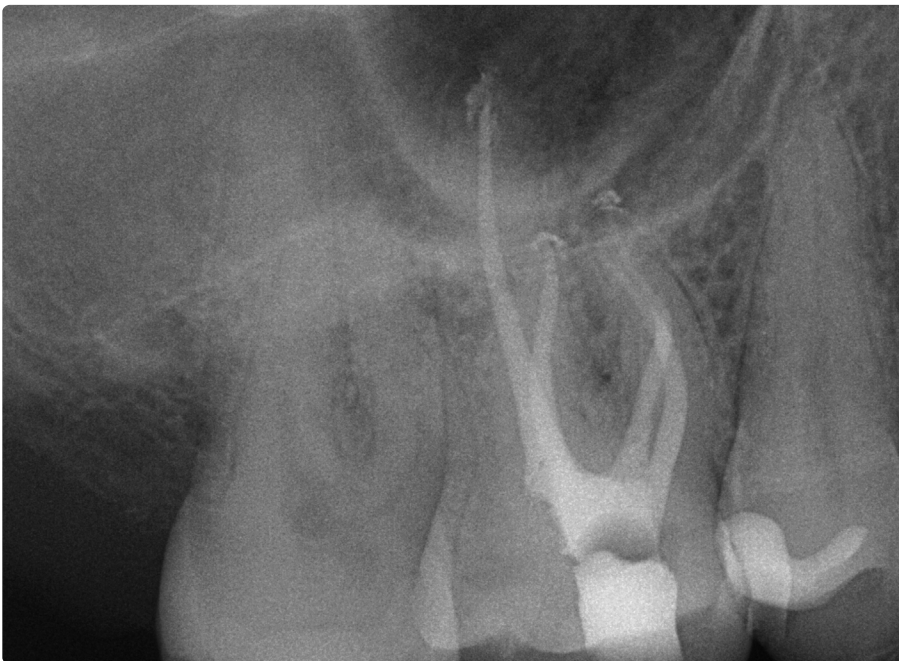
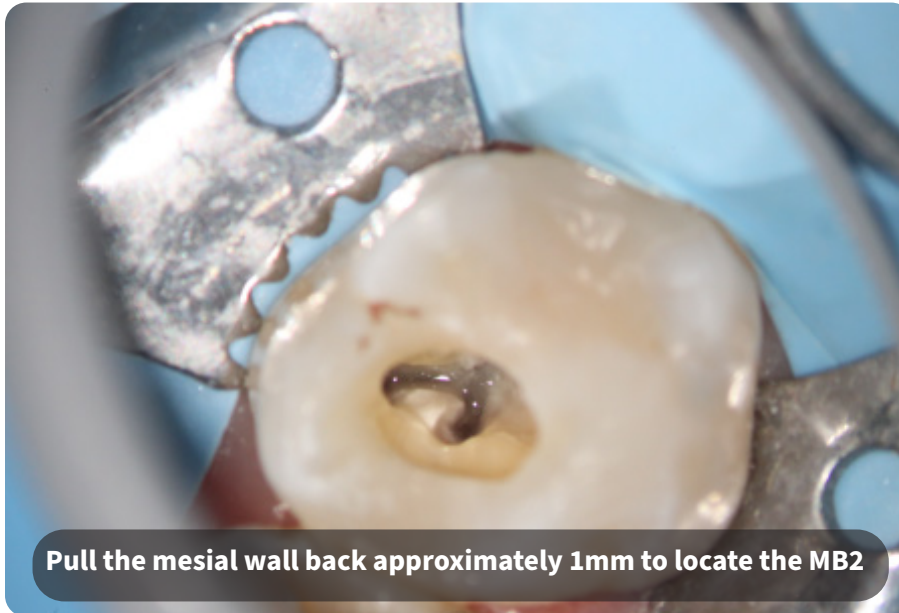
This case discusses not only finding the dreaded MB2 but it reviews shaping, cleaning, drying and obturating the case. This is a great case to end on and gives a quick review of the root canal steps. Don't forget to check out the other LEARNING LESSON BOOKS and up your root canal game to dominance.

READY TO KICK ASS?

OBJECTIVES

- **Reduce your profanity with Maxillary Molars and gain treatment confidence**
- **Learn tips and tricks to locate the MB2**
- **Learn how to flash negotiate the MB2 with the right file**
- **Learn how to negotiate the most difficult canal in the mouth**
- **Learn when to tell if the MB2 meets the MB1**
- **Learn the playbook to find and negotiate the MB2**

The 2nd most asked question I receive in lecture is how do you find the MB2? The first is how do you locate calcified canals (please see The Learning Lessons: Access and Calcified Canals Book for further instruction). Many GP's are afraid to treat maxillary molars and are missing out on performing Endo on one of the most exciting teeth in the mouth. This book will show you how to use a step by step method to not only locate the nasty MB2 but to also negotiate that little bugger. I play the MB2 game everyday in my practice and although I also miss MB2's or sometimes cannot negotiate them to full length I can get most of them. My goal as always is to make you a better clinician and a happier one. When you are confident in your skills life will just be better. So let's do some work and forge ahead and learn how to find that little f*cker of a canal.



MB2 ACCESS PLAYBOOK:

#1 Use high magnification loupes with a bright light source (microscope is best). Avoid the black hole phenomenon.

#2 Find the MB1 orifice and perform a coronal flare.

#3 Look for an isthmus line off of the MB1.

#4 Most likely you will need to take a #557 SL bur, Endo Z bur, or a long diamond and “pull back” (remove by drilling away) 1-2mm of the mesial wall. This is scary but is often the only way to uncover the MB2 “dot” orifice and/or isthmus from the MB1 orifice.

#5 If you see an isthmus extending off of the MB1 or a “dot” orifice that may be the MB2 then attempt to first flash negotiate the first 5mm of the coronal part of the canal with a #8 or #10C 21mm hand file.

#6 Trough the isthmus or “dot” orifice 1-2mm apically, rinse and dry (so you can see) and then attempt again to flash negotiate the first 5mm of the MB2 canal. I just made up the term “flash” negotiate because I wanted to make something up.

#7 Use lots of RC Prep or ProLube with the #10C 21mm file. If you can flash negotiate the first 5-10mm of the MB2 than usually you can get down it. Use a gentle push/pull method.

THE DREADED MB2



MB2 NEGOTIATION TO PATENCY PLAYBOOK:

#1 Use lots of ProLube or RC Prep viscous chelator. This gives you a little slip and slide for the file to slip and slide down the canal.

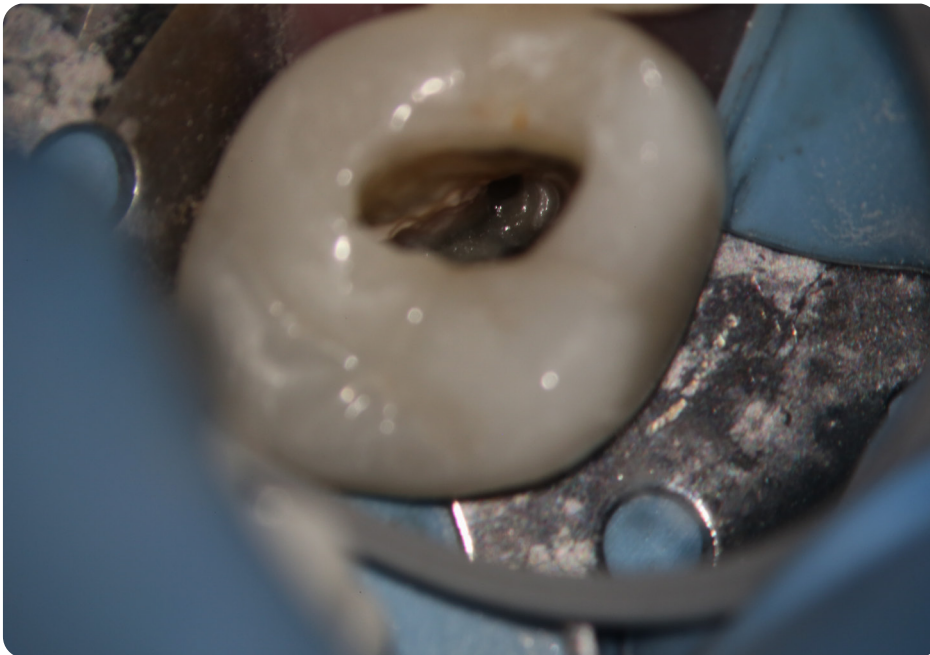
#2 Use a #8 or #10 C 21 mm file and dip the end of the file into RC Prep. Attempt to thread it into the MB2 “dot” orifice and flash negotiate 5-10mm down the canal. The motion is to thread the file in and then perform tiny push/pulls or up/downs with the file 5-10mm into the MB2. If you feel the file working and able to slide the 5-10mm don’t pull it out and gently work it up ands down (smoothies) 25-50 times. Yes you heard right 25-50 times. Most GP’s will do 5-10 push/ pulls and it just isn’t enough work for the file t really open the MB2 canal. The key is to try to get around or over the MB2 mesial hump. The mesial orifice and canal is often oriented toward the mesial and the file will appear to move in a slight mesial direction.

#3 Once you have completed 25-50 smoothies with a #10C file (coronal negotiation) then complete the coronal flare with the ProTaper SX file (or any orifice opener that you like). Run the SX file 1-2mm short of where the #10C extended to and brush 4-5x to the outer wall.





Tooth #2- This MB1 and MB2 was located "under" the mesial marginal ridge. Scary!



MB2 NEGOTIATION TO PATENCY PLAYBOOK *(Con't):*

#4 Attempt full negotiation to patency with a 25 mm #8 or #10 K file and obtain an Accurate Working Length with an electronic apex locator (my favorite is the ProMark from DentsplySirona)

#5 If the file does not extend down the canal place a file in the MB1 and MB2 and take a working length film to see if the MB2 meets with the MB1.

#6 A little trick that I use on all canals that I am having trouble negotiating the full length is to open up the coronal and middle 1/3. The ProTaper Gold S1 is a little master magic file and is a Houdini when it comes to freeing the hand file so that it can travel down the canal to patency. The WaveOne Gold Primary is also another file that can also open up the coronal and middle 1/3 allowing the smaller files to then slide to patency. When you open the top it's easier to get to the bottom. That is why I always always complete my coronal flare and open the orifice first before I attempt negotiating down the canal to patency. I run the ProTaper Gold S1 down into the canal at 300 RPM's and shape 1mm short of where my hand file is stuck. Usually this opens the canal enough to get a #6 or #8 K file down to length or at least get some more bleach deeper in the canal to start dissolving any tissue and microbes.