

### Plain's Irrigation Technique

I use 17% EDTA as the final irrigant in a vital case and in a necrotic case after the EDTA I would irrigate with 4% CHX.

I do not dry with OH because I use Epiphany sealer and you do not want desiccated dentin. If you are not using a UDMA sealer then I would do a final OH rinse.

I irrigate btwn every file first with NaOCl then H2O2 then NaOCl then H2O2 then NaOCl, then on to the next file. After using this next file I irrigate as I did before. I repeat this irrigation sequence btwn every rotary file. You absolutely cannot irrigate too much so these recommendations are a minimum.

I also use side-vented irrigation needles that are bent at ~90° angle and measured 2 mm short of my working length to prevent overextension of the needle. Light pressure is used to express the irrigant into the canal. Turbulence is not intentionally created to wash the settled debris coronally since the effervescent action of the NaOCl/H2O2 combination will move debris coronally.

During the exploratory phase of cleaning and shaping I irrigate btwn each #10 file (which can be many). After the exploratory phase I irrigate with EDTA and leave it in the canals for ~1 minute while I further explore with a #10 file.

Then I irrigate with EDTA one more time and dry with paper points. If the tooth were necrotic I would irrigate with 4% CHX after the EDTA and let it set for 10 minutes. After 10 minutes I would dry the canals with paper points and be ready for obturation.

The effervescent action of the NaOCl/H2O2 blows debris out of the canal. My canals have never looked cleaner. Put NaOCl on some blood and then put H2O2 on it and see what happens.

bill