

The “VTVT” Sequence Using K3 NiTi Rotary Files

Frederic Barnett, DMD
Diplomate, American Board of Endodontics

After straight line access and achieving coronal patency with hand files (#8-20):

- The **K3 “VTVT”** Sequence will now be used.
- Use a gentle **“engage-disengage”** pecking motion, **1-2mm** depth per engagement (avoid using force and limit the degree of file engagement).

1. K3 #25/.10 to resistance; 5 gentle pecks.

2. K3 #25/.08 to resistance; 5 gentle pecks. (*for MB2's & calcified canals start here*).

3. Obtain working length (*Achieve apical patency*)

- Instrument to a #15 hand file to WL.
- Use Gates Glidden drills (#4>#3>#2) in an outward “brushing” motion (*optional*).

4. K3 #35/.06 to resistance; 5 gentle pecks.

5. K3 #30/.04 to resistance; 5 gentle pecks.

6. K3 #25/.06 to resistance; 5 gentle pecks. (*this file often reaches WL*).

7. K3 #20/.04 to resistance; 5 gentle pecks. (*only if the #25/.06 does not reach WL*).

- **If WL has not been reached, repeat the entire series from the beginning.**
- **For Deep Shaping, use the K3 #25/.10 & K3 #25/.08 again, to resistance.**
- **RPM for K3's: 350-500;** (always use a light touch!)
- **Irrigate after every (or every other) file.**
- **NaOCl alternated with EDTA liquid.**
- **“Gauge” apex and perform “apical clearing” with hand files.**
- **Irrigate w/NaOCl and cone-fit in wet canal.**
- **Irrigate & soak with SmearClear liquid, for 1 minute.**
- **Final rinse with 2% Chlorhexidine.**