

2-DAY ENDODONTICS COURSE

Isolation • Shaping • Obturation

DAY 1 — ISOLATION & SHAPING

08:30-09:00

Registration & Welcome

Introduction to the course, learning objectives, workstation allocation and presentation of the instruments and materials used during the hands-on sessions.

09:00-11:00

THEORY I — ISOLATION

Predictable Isolation: From Routine Cases to the Impossible Tooth

- 09:00-09:30 — Why Isolation Matters: Rubber dam as a standard of care; patient safety and contamination prevention; treatment outcome; ergonomics and workflow; pre-endodontic assessment of restorability.
- 09:30-10:15 — Contemporary Rubber Dam Techniques: Materials and thickness; frame selection; punching strategies; single- vs multiple-tooth isolation; clamp selection; winged vs wingless clamps; clamp modification; floss ligatures and stabilization.
- 10:15-11:00 — Advanced Isolation: Deep subgingival margins; broken-down teeth; minimal coronal structure; isolation through restorations; caries and defective restorations; pre-endodontic build-ups; cervical sealing; PTFE, liquid dam and supplementary sealing; leakage and unstable-clamp troubleshooting.

11:00-11:15

Coffee Break (Coffee Break is included in the price)

11:15-13:15

HANDS-ON I — ISOLATION

Participants work in pairs.

- Rubber dam punching and preparation; clamp selection and testing; single- and multiple-tooth isolation.
- Floss ligatures; rubber dam inversion; clamp stabilization; isolation of structurally compromised teeth.
- PTFE-assisted isolation; cervical sealing with liquid dam; pre-endodontic build-up demonstration.

13:15-14:15

Lunch Break (Lunch is not included in the price)

14:15-16:15

THEORY II — SHAPING

Modern Root Canal Shaping: Anatomy Before Instruments

- 14:15-14:45 — Biological & Mechanical Objectives: Root canal and apical anatomy; original canal trajectory; conservation of pericervical dentine; minimally invasive vs adequately invasive endodontics.
- 14:45-15:15 — Creating a Safe Path: Access; coronal preflaring; scouting; working length; electronic apex locators; patency; manual vs mechanical glide path.
- 15:15-15:45 — Contemporary NiTi Instrumentation: Heat-treated NiTi; taper and tip size; variable taper; rotary vs reciprocating movement; torque and speed; brushing motion; apical enlargement; reducing separation risk.
- 15:45-16:15 — Shaping as Part of Irrigation: Irrigant penetration; sodium hypochlorite; EDTA; irrigation sequence; needle selection and depth; activation; when to stop enlarging.

16:15-16:30

Coffee Break (Coffee Break is included in the price)

16:30-18:30

HANDS-ON II — SHAPING

Each pair prepares extracted teeth and/or standardized training teeth; phantom heads may be used.

- Canal scouting with #08/#10 K-files; coronal preflaring; electronic working-length determination.
- Reproducible and mechanical glide path; rotary shaping; irrigation between instruments.
- Apical gauging; final irrigation protocol; assessment of final preparation.

Depending on the instrumentation system used, participants will receive procedure videos and system-specific protocol cards/handout slides.

18:30-18:45

Day 1 Debrief

Clinical pearls, troubleshooting and Q&A;

DAY 2 — OBTURATION

09:00-11:00

THEORY III — OBTURATION

Filling the Complexity: Contemporary Concepts in Root Canal Obturation

- 09:00-09:30 — When Is a Canal Ready to Obturate? Biological objectives; dryness; symptoms and exudation; apical preparation; relationship between shaping and obturation.
- 09:30-10:00 — Materials: Gutta-percha; conventional, epoxy-resin and calcium-silicate/bioceramic sealers; properties; setting mechanisms; sealer thickness; hydraulic condensation.
- 10:00-10:40 — Techniques: Bioceramic single-cone; continuous-wave warm vertical compaction; hybrid techniques; matching technique to anatomy and case.
- 10:40-11:00 — Difficult Cases: Wide apices; oval canals; isthmuses; internal resorption; curved canals; short fills and overextensions; voids; coronal termination; immediate coronal seal.

11:00-11:15

Coffee Break (Coffee Break is included in the price)

11:15-12:00

LIVE DEMONSTRATION

Instructor demonstration under magnification.

- Master-cone selection and tug-back; sealer placement; bioceramic single-cone technique.
- Warm vertical compaction; downpack; backfill; coronal finishing.

12:00-13:00

Clinical Cases & Decision Making

Interactive cases where participants select the appropriate obturation strategy according to canal anatomy and preparation.

13:00-14:00

Lunch Break (Lunch is not included in the price)

14:00-16:00

HANDS-ON III — OBTURATION

Participants obturate the canals prepared on Day 1. Each pair should ideally perform at least two techniques.

- Technique A — Hydraulic / Single-Cone: Cone fitting; working-length verification; sealer delivery; GP placement; coronal removal; assessment.
- Technique B — Warm Vertical / Continuous Wave: Plugger selection; master-cone fitting; sealer application; downpack; apical plug; backfilling; vertical compaction; finishing.

16:00-16:30

Evaluation of Results — Optional

If radiography is available, obtain postoperative radiographs and compare length, density, taper, voids and coronal termination. For natural teeth, a specific disinfection and preparation protocol should be sent to participants in advance.

16:30-17:30

Troubleshooting & Take-Home Protocols

Common shaping and obturation errors; instrument-separation prevention; blocked canals; obturation failures; retreatability of modern materials; final Q&A;

- Interactive closing game: participants scan a QR code and answer on their phones — a fun way to reinforce learning and finish the course on a high note.

17:30-17:45

Closing

Group photo and individual participant photo with certificate.