

- Prior to using the XP-3D Shaper, establish working length (WL) to a #15/.02. For advanced/calcified canals a glidepath of #15/.04 is recommended.
- Insert the tip of the instrument into the canal (Figure 1) and engage the handpiece in rotation mode. The canal should always contain irrigant.
- Use long gentle strokes (5-7mm) to progress down to WL (Figure 2). If WL is not reached in three strokes, stop, irrigate and recapitulate. Never force the instrument and always keep it spinning while in the canal.
- Final Preparation Size:

Once WL is reached, re-irrigate and work the instrument in long, gentle strokes to WL for another 5-10 seconds.

- Tight Canals (apex is naturally smaller than #30): The minimal preparation is a #30/.02 (~5 strokes). The taper can be increased to .04 (~10 strokes). The tip will not expand beyond #30 unless the apex is naturally larger than #30.
- Larger Canals (apex is naturally larger than #30): The XP-3D Shaper's tip can reach up to size #90 if space permits. When using the instrument for an additional ~10 seconds (after initial WL is reached) the taper is typically .04.
- Prior to obturation it is recommended to confirm the final apical diameter with an apical verifier, gutta percha point, paper point or conventional file.
- Obturate with bioceramic bonded obturation (BC Sealer/Filler™ with BC Points™ or normal gutta percha).

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- Prior to using the XP-3D Finisher, establish a canal preparation to at least its equal tip size (#25 or #30).
- Define the working length on the instrument by using the plastic tube (a) to adjust the rubber stop (b) (Figure 1).
- In multi-rooted teeth, start with the largest canal.
- Insert the tip of the instrument into the canal prior to engaging the handpiece and prior to placing the irrigant. Note: To facilitate placement into the canal you can straighten the instrument by cooling it with cooling spray (while in the tube) or alcohol gauze (outside of the tube) (Figure 2).
- Engage the handpiece in rotation mode and use the XP-3D Finisher for approximately one minute, using slow and gentle 7-8mm lengthwise movements to contact the full length of the canal (Figure 3).

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