

LM EndoMax

– ease and efficiency for root treatment

In April LM-Instruments launched its new line of EndoMax hand files and reamers. According to the LM philosophy, ergonomics and quality are important factors. The soft and thick silicone handle of EndoMax files adds plenty of working comfort to the procedures. The design of the handle makes it easy to get a soft but firm grip and a good feel for the work. EndoMax files and reamers follow the shape of the canal, and clean it evenly and efficiently.

We interviewed Eva Sirén, DDS and Specialist in Endodontology, who uses LM's new files at her practice.

Why did you choose LM-EndoMax hand files?

"I only do root canal endodontic treatment on reference patients at my private practice. Advanced endodontic treatment is fascinating but physically demanding work. I use all possible means to ease my clinical work, so I have a microscope, mechanical preparation systems, a good apex meter, digital x-ray, endodontic ultrasonic tips and various warm gutta percha systems for filling the roots. Each patient case involves a certain amount of hand instrument work, and then the best and most comfortable alternative for tired fingers is EndoMax."



Do EndoMax products make your work easier?

"The design of EndoMax hand files makes them easy to pick up, the grip is light but firm and the working touch is extremely precise. The larger size of the handles provides more leverage for rotary preparation, so less strength and grip is needed."

How do EndoMax products differ from other hand files on the market?

"The handle design was developed in cooperation with endodontics specialists. The sufficient size and the design and material of the grip area, which is typical of the ErgoMax style, provide a new level of comfort when working, which we have already enjoyed for a long time in hand instruments."



The silicone used in the handle is used in other LM hand instruments. Does this material also work in hand files?

"It's impossible to find handles made of similar quality material anywhere else. The material is soft enough to make the instrument flexible, and the skin on my poor fingers doesn't get as rough as before."

How do you feel about the blade?

"The blades are exactly the same as those I used earlier, so I have nothing to complain about in that sense."

What type and size of file do you use and why?

"In terms of hand files, I mainly use the so-called Scout instruments, otherwise

known as K-files, in the STD (06), 08, 10, 15 and 20 sizes. I use these to identify the curves of the canal before the actual preparation, and if necessary, I confirm the depth measurement during preparation.”

Do you always use hand files during preparation?

”That’s an easy question to answer: YES, ALWAYS. I also pick up clinical tips at international congresses and I can guarantee that other endodontic specialists work in the same manner.”

How many patients do you treat each day? After a long day, do you notice any difference in the amount of strain on your fingers / hands in comparison with using hard-grip handles?

”EndoMax has introduced a new type of working comfort to preparation. I usually handle 6-8 patients per day. I always do the access opening and enlargement during the same visit, so that number of patients means a full day’s work.”

Do you combine mechanical preparation and hand files or do you only use the hand files?

”I’m a strong advocate of mixed use: after studying the direction of the root canal, I enlarge the mouth of the canal and middle of the root mechanically, determine the length and probe the apical curves by hand, and then I mechanically enlarge the canal until it is ready to be filled. In a tight spot I never hesitate to switch to hand instruments if the curve and narrowness of the canal make it necessary.”

On the lighter side – does size really make a difference?

”Of course it does....the bigger the better, as long as you don’t get carried away.”



Eva Sirén, DDS, Specialist in Endodontics

Jonna Tuura / LM-Instruments Oy