Preliminary *in vivo* Investigation into the Relationship between Canal Preparation Protocol and Incidence of Postoperative Pain in Single-visit and Two-visit Endodontic Therapy: A Randomized Controlled Clinical Trial

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**ABSTRACT**

**Introduction:** Postoperative pain is a major concern for patients undergoing root canal treatment. Much research has gone into the alteration of several variables to determine the elusive technique that will result in no postoperative pain.

**Aim:** The aim of our study was to investigate the incidence, severity, and duration of postoperative pain in relation to technique of root canal preparation and compare the difference in incidence, severity, and duration of postoperative pain in single- and two-sitting root canal therapy when different instrumentation techniques are used.

**Materials and methods:** Sixty adult patients requiring root canal therapy were selected and divided into six groups. Single-sitting root canal treatment was carried out in three groups, with three different canal preparation methods (group I – Conventional hand files, group II – hand ProTaper files, and group III – rotary ProTaper files). Two-sitting root canal treatment was carried out in three groups, with the same canal preparation methods (group IV – conventional hand files, group V – hand ProTaper files, and group VI – rotary ProTaper files). Postoperatively, the subjects were instructed to fill out a series of self-report questionnaires for pain incidence after 1 day, 2 days, 3 days, 1 week, and 2 weeks. After 2 weeks, the patients were recalled and their responses were duly noted.

**Results:** Results were tabulated and statistically analyzed using Mann–Whitney U test.

**Conclusion:** There was a significant difference in incidence, character, and duration of postoperative pain in rotary-prepared canals as compared with hand-prepared canals in both single- and two-sitting endodontics.

**Clinical significance:** The purpose of this study was to search for a predictability in incidence, duration, and character of postoperative pain in canals instrumented with hand and rotary instruments. Knowing this will enable clinicians to make more prudent choices in instruments, techniques, and protocols for root canal therapy.

**Keywords:** Manual preparation, Pain duration, Postendodontic pain, Postoperative pain, Rotary preparation.

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**Conflict of interest:** None

**INTRODUCTION**

In the past decade, the shift from manual canal preparation to rotary canal preparation during endodontic therapy has been noteworthy. But even with the use of rotary methods, postoperative pain continues to appear with high frequency. Much research has gone into the alteration of variables like interappointment time span and number of sittings to reduce postoperative pain. Till date, there is very little research that compares postoperative pain following hand vs rotary canal preparation techniques. Our study aimed at testing the hypothesis that there is a definite relationship between occurrence of postoperative pain and the technique used for canal preparation. This clinical study has compared the incidence, duration, and character of postoperative endodontic pain in canals prepared with hand instruments (2% and hand ProTaper™) and those prepared with rotary instrumentation (ProTaper™) in both single- and two-sitting endodontics.

**MATERIALS AND METHODS**

Sixty adult patients aged between 16 and 65 years, requiring root canal therapy in anterior and single-rooted premolar teeth were selected from the Department of Conservative Dentistry and Endodontics for this study.
Relationship between Canal Preparation Protocol and Incidence of Postoperative Pain

The subjects were randomly divided into six groups:

- **Group I**: Ten teeth treated in single visit using conventional hand files for instrumentation of the canal.
- **Group II**: Ten teeth treated in single visit using hand ProTaper files for instrumentation of the canal.
- **Group III**: Ten teeth treated in single visit using rotary ProTaper files for instrumentation of the canal.
- **Group IV**: Ten teeth treated in two visits with interappointment time of 72 hours using conventional hand files for instrumentation of the canal.
- **Group V**: Ten teeth treated in two visits with interappointment time of 72 hours using hand ProTaper files for instrumentation of the canal.
- **Group VI**: Ten teeth treated in two visits with interappointment time of 72 hours using rotary ProTaper files for instrumentation of the canal.

Local anesthesia was administered and root canal treatment was initiated. The tooth was isolated using rubber dam. Caries/defective restoration was removed. Root canal treatment was completed as per instrumentation technique and obturation schedule of each group. Obturation was completed by lateral condensation technique with standardized commercially available gutta-percha. Immediately following obturation of the tooth, each subject was instructed to maintain a record of pain incidence for the next 2 weeks. The record included a note of pain following 1 day, 2 days, 3 days, 1 week, and 2 weeks after obturation. After 2 weeks, the patients were recalled and their responses were duly noted.

### Rating for Pain

- **0** – No pain
- **1** – Mild pain: any discomfort that did not require medication or emergency treatment, no matter how long it lasted
- **2** – Moderate pain: pain requiring medication
- **3** – Severe pain: pain that was not relieved by medication and required palliative treatment

### RESULTS

Table 1 gives the results of the pain responses reported by the patients of all the groups.

### Statistical Analysis of the Data

After obtaining the responses from the subjects and tabulation of the same (Table 1), statistical analysis of the data was performed. Mann–Whitney U test (Table 2) was performed on the data obtained and interpretations and inferences were drawn from the same.

### DISCUSSION

Postoperative pain in root canal treatment is more the norm than the oddity, and often the only differences are the severity and the duration of the same. Many different methods and instruments of canal preparation have come and gone but the only new technique here to stay is surely the rotary method of root canal preparation. There are several studies in the literature that state that postoperative pain is greater in single-sitting endodontics as compared with the two-sitting protocol, but there is no investigation into the difference between postoperative pain in hand-instrumented and rotary-instrumented canals.

In our study, comparison of the data (Table 1) showed that both single-sitting hand-prepared groups (groups I and II) showed a similar incidence of postoperative pain and it was of a short duration. Most patients were pain free 3 days after obturation. Comparison for significance by Mann–Whitney U test (Table 2) between group I (2% hand-prepared canals) and group II (Hand ProTaper™-prepared canals) did not show a significant difference. The incidence of postoperative pain in group III (rotary ProTaper™-prepared canals) was similar to groups I and II.
The severity of postoperative pain in groups I to III was similar and there was no statistical significance in the difference (p > 0.05).

The incidence of postoperative pain in groups IV to VI (two-sitting groups) was half of groups I to III (single-sitting groups), and the difference in incidence of pain in the two-sitting groups was statistically significant (p < 0.05) from the single-sitting groups, as statistically derived in Table 2.

Groups IV to VI showed low incidence of postoperative pain, and the difference among the groups was not statistically significant (p > 0.05). It was observed that compared with groups IV and V, the severity of postoperative pain in group VI was higher and of a longer duration.

When comparing single-sitting and two-sitting hand-prepared canals (groups I and II compared with groups IV and V), there was a significant difference (p < 0.05) in incidence and duration of postoperative pain. Groups I and II showed a significantly higher incidence and duration of pain as compared with groups IV and V. The severity of pain in groups I and II was also higher than groups IV and V, and this difference was significant (p < 0.05), as statistically derived in Table 2.

On comparison of group III (single-sitting rotary-prepared canals) and group VI (two-sitting rotary-prepared canals), it was observed that the incidence of pain was lower in group VI, but this difference was not statistically significant (p > 0.05). First day postoperatively, the severity of pain was quite higher in group III as compared with group VI, but the difference in duration of pain in both the groups was not significant (p > 0.05), as statistically derived in Table 2.

It is likely that rotary preparation of root canals causes significant extrusion of debris beyond the apex and induces an inflammatory reaction, which is significantly greater than when root canals are prepared by hand instrumentation. This increased extrusion and associated inflammatory reaction may be responsible for greater immediate postoperative pain in rotary-prepared root canals than in hand-prepared root canals.
Rao et al\textsuperscript{7} found that there was no difference in postoperative pain between patients treated in only one appointment and patients treated in two appointments. The majority of patients in both groups reported no pain or only minimal pain after 7 days of treatment. But in their study, the biomechanical preparation in both the groups was done by rotary method. Similar conclusions have been drawn by Raju et al.\textsuperscript{8}

Wong et al\textsuperscript{9} in their exhaustive review, say that neither single-visit endodontic treatment nor multiple-visit treatment can guarantee the absence of postoperative pain. They found that postoperative pain in both single-visit and multiple-visit endodontic treatment is nearly the same with little variation in duration and intensity, but there is no mention of any significant relation in terms of the character of pain.

Bhagwat and Mehta,\textsuperscript{6} in their study, found that nonvital teeth with periapical radiolucency exhibited relatively less pain as compared with nonvital teeth without periapical radiolucency, but the pain continued in a significant percent of teeth even after 2 weeks. Pain incidence dropped significantly within a period of 1 day to 2 weeks in vital teeth and nonvital teeth without periapical radiolucency. There was a tendency for less incidence of significant pain after a single-visit root canal treatment in these groups.

Gambarini et al\textsuperscript{10} compared postoperative incidence of pain using three different nickel–titanium instrumentation techniques: a rotary crown-down technique using TF instruments (SybronEndo, Orange, CA), a reciprocating single-file technique using WaveOne instruments (Maillefer Dentsply, Ballaigues, CH), and a novel instrumentation technique (TF Adaptive, SybronEndo, Orange, CA), using a unique, proprietary movement, combining reciprocation and continuous rotation. Their findings showed a statistically significant difference in incidence of postoperative pain between the WaveOne \((p = 0.021)\) technique and the other two techniques. They concluded that the difference in postoperative pain can be mainly related to the different instrumentation techniques.

In a very recent study, Arias et al\textsuperscript{11} suggest that a higher incidence of postoperative pain should be expected after manual root canal preparation, which is not in agreement with the findings of our study. However, a second major finding of the study is that when present, postoperative pain after a rotary canal preparation is expected to last longer, which supports our findings quite precisely.

Several researchers have worked on various variables like irrigation techniques,\textsuperscript{12} obturating techniques,\textsuperscript{13} variation in intraappointment time period,\textsuperscript{3} and administration of different analgesics as pretreatment medication\textsuperscript{14} in an attempt to device the best treatment protocol that results in minimum postoperative endodontic pain. Within the limits of human error and an unaccountability of differences in individual patients' tolerance to pain, we found a definite correlation between canal preparation technique and postoperative pain and thus our hypothesis was proved right. Further clinical studies are required to support the correlation between canal preparation technique and postoperative pain found in our study.

**CONCLUSION**

From our \textit{in vivo} study, we draw the following conclusion:

- The incidence and severity of postoperative pain in single-sitting endodontics is nearly the same in manual-prepared and rotary-prepared canals, but the duration of the pain in rotary-prepared canals is significantly longer in duration.
- The incidence of postoperative pain in two-sitting endodontics is significantly lower than single-sitting endodontics irrespective of method of canal preparation.
- The incidence of postoperative pain in two-sitting endodontics is low in hand as well as rotary-prepared canals, but the duration and severity of the postoperative pain is higher in rotary-prepared canals as compared with hand-prepared canals.
- Single-sitting hand-instrumented canals show significantly higher incidence and duration of postoperative pain when compared with two-sitting hand-instrumented canals. There is significant difference in the severity of the postoperative pain. Single-sitting hand-instrumented canals show greater incidence of more severe postoperative pain than two-sitting hand-instrumented canals.
- Single-sitting rotary-prepared canals show a tendency for higher incidence of postoperative pain as compared with two-sitting rotary-prepared canals. The severity of the pain on the first postoperative day is likely to be higher in single-sitting rotary-prepared canals, but the duration of the pain may not differ from two-sitting rotary-prepared canals.

**REFERENCES**