



## **MINIMAL INVASIVE BIOLOGICALLY ORIENTED ENDODONTICS THROUGH 3-D EXPANDABLE**

**NiTi technology** Success in endodontics requires maximal microbial control while maintaining the strength and thus survivability of the tooth. Greater taper files cannot maintain the anatomy of the canals due to less flexibility and it also substantially weakens the root. Maximal success for both these objectives can be achieved by thorough disinfection of the root canal system without any unnecessary removal of dentin and followed by sealing of the root canal and the coronal space. The root canal system is highly complex making cleaning during root canal treatment challenging. Many adjunct techniques have been tried to compensate for these shortcomings including - high concentration of NaOCl, EDTA, ultrasonication or by lasers technologies. In this lecture, we discuss the knowledge of the root canal internal anatomy and the ability and limitations of the conventional NiTi rotary systems available to predictably clean the root canal system. The single shaping file XP-endo Rise® Shaper and the finishing file Finisher will be discussed. Preliminary studies on XP-endo files have shown remarkable removal of soft tissues, less dentinal chips on isthmus and canal walls after instrumentation, low dentinal stress (fewer micro cracks) and conservative instrumentation with low amount of dentine removed coronally with efficient cleanness on the apical third area.

## **CV**

### **Qualifications**

Advanced Diploma in Endodontics (AdvDipDS) The University of Hong Kong (2009 - 2010)

Master of Dental Surgery (MDS) in Endodontics The University of Hong Kong, 2007-2009

Bachelor of Dental Surgery (BDS)

Maharashtra University of Health Sciences, India 2004-2005

### **Work Experience**

- Sabbatical – May 2022 Till date
- Full time parenting to and studying a new Language.
- Endodontist (Full time Specialist)

Micris Dental Clinic, Jumeirah Beach Road, Dubai, U.A.E

(January 2020 - Till April 2022)

- Endodontist (Part time Specialist)

Dr. Leila Hariri Dental and Medical Aesthetics, Jumeirah 2, Dubai, U.A.E

(September 2019 – September 2020)

- Endodontist (Full time Specialist)

Dr. Joy Dental Clinic, Jumeirah Branch, Dubai (January 2017 – Till September 2019)

- Endodontist (Full time Specialist)

Lotus Dental Center, Al Khor, Qatar

(May 2014 – Till September 2016)

- Consultant Endodontist

Swiss Smile Dental Care, Bangalore, India

(December 2010- April 2014)

- Consultant Endodontist

Narayana Hrudayala Dental Clinic, Domlur, Bangalore, India (November 2011- Till April 2014)

- Clinical tutor (part-time)

Faculty of Dentistry, the University of Hong Kong

(November 2009 to July 2010)

- Lecturer Department of Pediatric Dentistry

Bharati Vidyapeeth Deemed University Dental College and Hospital,

Pune, India

(August 2005 to September 2007)

- Private Practice: (Self Owned)

Cosmetic and Orthodontic Dental Care Center

(April 2005 to September 2007)

## **Presentations and Workshops conducted and Publications**

- CLINICAL ENDODONTICS CERTIFICATE & DIPLOMA PROGRAMME  
CAPP /TIPTON Dental academy MARCH 2021  
2 Days Hands on workshop
- CAPP November 2020  
Anatomically and Biologically Driven Endodontics Online Webinar
- CAPP October 2020  
Hands -on workshop Everyday root canal treatment and non-surgical re-treatment
- AEEDC 2020  
Hands -on workshop; Introduction to using FKG Swiss Endo; 3D shaping and cleaning with XP Endo Shaper & Finisher.
- Lecture and hands-on workshop: Millennium Plaza Hotel Dubai, Sheikh Zayed Road, Dubai, UAE- March 2019  
“One File to shape the success”
- IDS Cologne, Germany - March 2019  
Hands -on work shop at FKG Booth; Introduction to using FKG Swiss Endo; 3D shaping and cleaning with XP Endo Shaper & Finisher for Root canal treatments and re-root canal treatments.
- Lecture and hands-on workshop: Ajman University, Ajman, UAE- March 2019  
“Welcome to 3D Endodontic Era”
- AEEDC 2019  
Hands -on work shop at FKG Booth; Introduction to using FKG Swiss Endo; 3D shaping and cleaning with XP Endo Shaper & Finisher.
- Lecture and hands-on workshop: FKG DMCC Dubai Training Center, Dubai- August 2018  
“Conventional Endodontics Made Easy (IRace Systems)”
- Lecture and hands-on workshop: FKG Training Center, Dubai- October 2018  
“Welcome to 3D Endodontic Era”
- Lecture and hands-on workshop: FKG DMCC Dubai Training Center, Dubai- November 2018  
“Conventional Endodontics Made Easy (IRace Systems)”
- AEEDC 2018  
Hands -on work shop at FKG Booth; Introduction to using FKG Swiss Endo; 3D shaping and cleaning with XP Endo Shaper & Finisher.
- Lecture and hands-on workshop: Tirana, Albania by RodioPharma- October 2017  
“How to reach excellence in your daily endodontics”
- AEEDC 2017  
Hands -on work shop at FKG Booth; Introduction to using FKG Swiss Endo; XP Endo Shaper & Finisher; MAP systems.
- Presentation at Kenya Dental Association, Annual conference, Mombasa, Kenya, October 2016  
“How to reach excellence in your daily endodontics”
- MDS Thesis, 2009

Micro- push-out bond strength of adhesively luted fiber-post systems using various luting cements and their mode of failures

The University of Hong Kong, 2009

- **Mahindre P.P**, Cheung G.S.P (Oral Presentation)

Micro-push-out bond strengths of an adhesively cemented fiber-post subjected to simulated occlusal loads

The University of Hong Kong-Peking University Conjoint Annual Session November 2009 (HK)

- Cheung G.S.P , **Mahindre P.P**, Helen Liang (Poster Presentation)

Micro-push-out bond strengths of fiber-post not affected by cements but cyclic loading.

International Association of Dental Research, Barcelona, Spain July 2010

- “The effect of cyclic loading to fiber- reinforced resin post retention: push-out bond strength”

**Mahindre P.P**, Cheung G.S.P (Hong Kong Dental Journal 2010 7; 74-81)

#### **Conferences and Courses attended**

- AEEDC 2021, Dubai, U.A.E
- AEEDC 2020, Dubai, U.A.E
- IDS Cologne, Germany - March 2019
- AEEDC 2019, Dubai, U.A.E
- “Certified Trainer” for FKG Dentaire SA – qualified to train dentists and to lecture on Endodontic products, Switzerland -April 2018
- AEEDC 2018, Dubai, U.A.E
- 9th Dental Facial Cosmetic International conference November 2017
- AEEDC Dubai 2017, Dubai, U.A.E
- Kenya Dental Association, Annual conference, Mombasa, Kenya, October 2016
- IFEA Cape Town, South Africa 2016
- Introduction and training with new rotary instruments iRACE, BT RACE, Total Fill and XP Endo - FKG training and workshop (Switzerland 2016)
- 20th AEEDC, Dubai (2016)
- FKG Swiss Endo workshop ; iRACE hands on training (2015)

- Hong Kong International Expo and Symposium, Hong Kong (2010)
- Annual Scientific Day of the Royal College of Dental Surgeons, Asia 5th December 2009, Hong Kong
- The University of Hong Kong and Peking University Conjoint Scientific Session 16-17 May 2009, Hong Kong
- 31st Asia Pacific Dental Congress 2009, Hong Kong
- Attended various lectures organized by the Hong Kong Dental Association (2007 - till 2010)
- Attended various lectures organized by the Hong Kong Endodontic Society (2007 - 2010)
- Indian International Dental congress, Nehru Center, Mumbai, India (2007)
- Indian Dental Conference, Pune, India (2007)
- Scientific Update on “Lateral Pterygoid and Temporomandibular Disorders”: Bharati Vidyapeeth Deemed University Dental college & Hospital Pune (2006)
- 14th Annual Indian Academy of Aesthetic and Cosmetic Dentistry Conference. Pune, India (2006)
- FDI Annual World Dental Congress, New Delhi 2005, India

#### **Memberships**

- Member of Hong Kong Endodontic Society (2007- till date)
- Member of Indian Dental Association (2005-till date)
- Licensed Specialist in Endodontics with DHA (December 2016 – till date)