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Influência do veículo na remoção da pasta tri antibiótica do canal  
radicular

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# Dedicatória

Dedico este trabalho,

À família Hiroshi Yamanari,

Meu pai, Hiroshi, meu porto seguro!

Minha mãe, Massako, minha inspiração !

Minha esposa, Leticia, meu entusiasmo !

Minha Irmã, Ariane, meu foco!

Arthur, Rodrigo e Heitor, meus filhos e sobrinho, minha vida !

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# Resumo

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## **Resumo**

**OBJETIVO:** Este estudo avaliou o efeito do veículo na eficácia da irrigação com agulha associada ou não com irrigação ultrassônica passiva (IUP) na remoção da pasta tri antibiótica do canal radicular.

**MÉTODOS:** O canal radicular de 60 dentes uniradiculares foi preparado com instrumento rotatório ProTaper até a lima F4. Vinte canais radiculares foram obturados com pasta triantibiótica (PTA), preparados com macrogol mais propilenoglicol, água destilada ou propilenoglicol. Após 4 semanas de armazenamento em estufa, foi realizada irrigação com agulha utilizando hipoclorito de sódio a 2,5%, associada ou não com a IUP para a remoção da PTA. Seis grupos de 10 espécimes foram tratados de acordo com o protocolo de veículos e de irrigação. As raízes foram divididas longitudinalmente e a quantidade de pasta antibiótica restantes foi avaliada através de estereomicroscópico com aumento de 20 vezes e por MEV utilizando um sistema de pontuação 4-grades. Os dados foram avaliados estatisticamente através dos testes Kruskal Wallis e Dunn`s com um nível de confiança de 95% ( $p = 0,05$ ).

**RESULTADOS:** O uso da IUP não melhorou a remoção da PTA ( $p > 0,05$ ). Não houve diferença estatisticamente significativa entre os terços coronal, médio e apical ( $p > 0,05$ ). Nos terços médio e apical, a PTA com propilenoglicol como veículo apresentou mais resíduos do que a PTA preparada com água destilada ( $p < 0,05$ ). Água destilada ou macrogol mais propilenoglicol foram semelhantes independentemente do terço do canal radicular considerado.

**CONCLUSÕES:** Não foi possível remover completamente a PTA dos canais radiculares mesmo com a utilização da IUP. Água destilada ou macrogol mais propilenoglicol são melhores como veículo para favorecer a remoção de qualquer resíduo da PTA.

**Palavras chaves:** Irrigação Terapêutica, Antibioticoprofilaxia, Regeneração, Endodontia.

# Abstract

Yamanari, GH. Vehicle influence on the removal of triple antibiotic paste from the root canal. Araçatuba, 2015.49p.Thesis (PhD in Endodontics) – Dental School of Araçatuba, São Paulo State University –Júlio de Mesquita Filho”.

## **Abstract**

**AIM:** This study evaluated the interference of the triple antibiotic paste vehicle on its removal from the root canal using needle irrigation with or without passive ultrasonic irrigation (PUI).

**METHODS:** Sixty root canals were prepared up to F4 ProTaper and were filled with triple antibiotic pastes (TAP) prepared with macrogol plus propylene glycol, distilled water, or propylene glycol. After 4 weeks of stove storage, needle irrigation with 2.5% sodium hypochlorite with or without PUI was used for TAP removal. The roots were longitudinally split and the amount of remaining antibiotic pastes and cleaning of the dentinal tubule were evaluated under a stereomicroscope and SEM. The data were statistically evaluated using the Kruskal Wallis and Dunn`s tests ( $p = .05$ ).

**RESULTS:** In the middle and apical thirds, TAP with propylene glycol remained more than that prepared with distilled water ( $p < .05$ ). Distilled water or macrogol plus propylene glycol were similar independently of the root canal third. The use of PUI did not improve the removal of the TAP ( $p > .05$ ). There were no statistically significant differences between the coronal, medium or apical thirds ( $p > .05$ ).

**CONCLUSIONS:** None vehicle allowed the complete paste removal and cleaning of the dentinal tubule from the root canal and despite the use of PUI. Distilled water or macrogol plus propylene glycol as vehicle favored smaller remnant of TAP in the apical and middle thirds.

**Keywords:** Therapeutic Irrigation, Antibiotic Prophylaxis, Regeneration, Endodontics.

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Artigo

## **Vehicle influence on the removal of triple antibiotic paste from the root canal.**

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## **Abstract**

**AIM:** This study evaluated the interference of the triple antibiotic paste vehicle on its removal from the root canal using needle irrigation with or without passive ultrasonic irrigation (PUI).

**METHODS:** Sixty root canals were prepared up to F4ProTaper and were filled with triple antibiotic pastes (TAP) prepared with macrogol plus propylene glycol, distilled water, or propylene glycol. After 4 weeks of stove storage, needle irrigation with 2.5% sodium hypochlorite with or without PUI was used for TAP removal. The roots were longitudinally split and the amount of remaining antibiotic pastes and cleaning of the dentinal tubule were evaluated under a stereomicroscope and SEM. The data were statistically evaluated using the Kruskal Wallis and Dunn`s tests ( $p = .05$ ).

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**CONCLUSIONS:** None vehicle allowed the complete paste removal and cleaning of the dentinal tubule from the root canal and despite the use of PUI. Distilled water or macrogol plus propylene glycol as vehicle favored smaller remnant of TAP in the apical and middle thirds.

**Keywords:** Triple antibiotic paste, irrigation, pulp revascularization, PUI

## **Introduction**

Regenerative endodontic treatment is a biologically based procedure aimed at reestablishing a functional pulp-dentin complex. The key components include disinfection of the root canal and introduction of stem cells, growth factors, and scaffolds (1) using treatment methods that impose minimal toxicity to stem cells (2).

Antibiotic pastes have been used as dressing material during revascularization treatment (3, 4). Triple antibiotic paste (TAP) has been found to have antimicrobial properties and be biocompatible (5–8). It consists of ciprofloxacin, metronidazole, and minocycline and was developed by Hoshino et al (6).

However, it was demonstrated that TAP had negative effects more than on esthetic (9,10) but on apical papilla human stem cells (SCAP)(11, 12). It has been demonstrated that TAP at the paste-like concentrations typically used in regenerative endodontic procedures are lethal in direct and indirect contact with SCAP when prepared with distilled water as vehicle(11, 12). Its indirect effect could trigger the complete destruction of SCAP placed in a scaffold within the root canal lumen after washing(12). It was hypothesized that the negative effect may be due to the residual paste remaining on the dentin despite extensive efforts in washing out with irrigants(12).

The standard vehicle to prepare TAP to be used in revascularization is macrogol plus propylene glycol (6), as reported in several studies(4, 8, 13, 14, 15). However, the use of saline (7, 16), distilled water (3, 9, 11, 12), and propylene glycol (17) have also been reported. It is possible that a paste prepared with a vehicle with adequate physical-chemical properties combined to an efficient removal protocol can achieve the complete TAP removal from the root canal helping the stem cell survival leading to a satisfactory pulp revascularization or regeneration.

There are some standard irrigation protocols to remove medicaments from the root canal system. Sonic irrigation with EndoActivator (EA) has been reported to effectively clean debris from the canals and remove the smear layer even when used in curved canal systems (18, 19). Passive ultrasonic irrigation (PUI) uses ultrasonic activation of irrigants for the efficient removal of debris and microorganisms (20). Sodium hypochlorite (NaOCl), EDTA, and sterile saline solution have been used for the removal of antibiotic pastes(1, 21–23); however, their failure to completely

remove the TAP from the root canal was demonstrated, even when PUI was used (24, 25).

There is no study evaluating the influence of different vehicles on the removal of TAP from root canals. Thus, the present study evaluated the effect of the vehicle on the efficacy of needle irrigation with or without passive ultrasonic irrigation (PUI) on the removal of triple antibiotic paste from the root canal. The null hypothesis was that the vehicle did not interfere on TAP removal, independently of the irrigation method or root canal third.

## **Material and Methods**

### **Tooth Collection and Preparation**

The study included 60 single-rooted, single and oval shape root canal, non carious, human teeth with similar sizes and completed apices (Ethical Protocol # 613.331). Soft tissues and calculus were mechanically removed from the root surfaces with a periodontal scaler. Single-root canals were confirmed with radiographs, and the teeth were then stored in distilled water until use. Teeth were decoronated with a diamond bur under water coolant to obtain a standardized root length of 14 mm. The root canals were shaped with ProTaper rotary files (DentsplyMaillefer, Ballaigues, Switzerland) up to an F4 (D0 = .40 mm) and 1mm shorter than the root length. During the preparation, the root canals were irrigated with 2 mL of 2.5% NaOCl solution after each instrument. A final irrigation was applied using 5 mL of 17% EDTA for 30 seconds and 5 mL of 2.5% NaOCl for 60 seconds. The root canals were then dried with paper points (DentsplyMaillefer).

### **Application of Antibiotic Paste**

Triple antibiotic paste was prepared using macrogol ointment plus propylene glycol (TM), distilled water (TW) or propylene glycol (TP) as a vehicle.

TM was prepared by mixing equal portions of USP-grade antibiotic powders metronidazole, ciprofloxacin, and minocycline (Apoticário, Araçatuba, SP, Brazil) with a vehicle consisting of equal parts of macrogol ointment and propylene glycol (powder/liquid ratio of 5:1 for a total of 1 g/ml triple antibiotic paste)(8).

TW was prepared by mixing equal portions of USP-grade antibiotic powders

metronidazole, ciprofloxacin, and minocycline (Apoticário, Araçatuba, SP, Brazil) with distilled water to a creamy consistence (9, 11, 12).

TP was prepared by mixing equal portions of USP-grade antibiotic powders metronidazole, ciprofloxacin, and minocycline (Apoticário, Araçatuba, SP, Brazil) with propylene glycol in a proportion of 7:4 powder/propylene glycol to obtain a paste-like consistency (17).

The root canals were filled with TAP using a lentulo instrument (DentsplyMaillefer). Access to the root canals was temporarily sealed with a cotton pellet and temporary restorative material (Coltosol, VigodentColtene SA Indústria e Comércio, Rio de Janeiro, RJ, Brazil), and the specimens were then kept at 37°C with 100% humidity for 4 weeks. The specimens were divided randomly into 6 groups (n = 10) and irrigated as follows:

1. Needle irrigation-TM: 6 mL of 2.5% NaOCl via a size 27-G blunt-tip needle (Ultradent, South Jordan, UT). The needle was inserted into the root canal within 2 mm of the working length without binding (TMN group);
2. Needle irrigation-TW: TAP was removed from the root canals using the needle irrigation as stated previously (TWN group);
3. Needle irrigation-TP: TAP was removed from the root canals using the needle irrigation as stated previously (TPN group);
4. Needle plus PUI-TM: 6 mL of 2.5% NaOCl via a size 27-G blunt-tip needle (Ultradent, South Jordan, UT) was used for 60 seconds plus PUI with ultrasonic tip #20 (Irrisonic, Santa Rosa de Viterbo, São Paulo, Brazil) coupled to the file-holding adapter of the handpiece of a conventional dental ultrasonic device (ENAC Plus, Adiel LTDA, São Paulo, SP, Brazil) (TMP group);
5. Needle plus PUI-TW: TAP was removed from the root canals using the needle irrigation plus PUI as stated previously (TWP group);
6. Needle plus PUI-TP: TAP was removed from the root canals using the needle irrigation plus PUI as stated previously (TPP group).

After the 28-day incubation period, the coronal seal was removed, and the canals were irrigated according to the protocols. For the PUI group, the ultrasonic tip was used to oscillate inside the root canals (1 mm shorter than the working length) at 35kHz for



30s. The total irrigation time was 2 minutes, divided into 3 sequences of 40 seconds. The 3 sequences were subdivided into 20-second ultrasonic activation and 20-second refreshment (26).

### **Removal analysis under stereomicroscope**

The root canals were dried with paper points, and the roots were disassembled to evaluate the removal of the antibiotic pastes. The teeth were split along their long axis in a buccolingual direction using a hammer and chisel to observe the root canal halves.

Digital images at 20x magnification were obtained using a stereomicroscope (Olympus BX43; Olympus Co, Tokyo, Japan) attached to a digital camera (Olympus SC100; Olympus Soft Imaging Solution GmbH, Munster, Germany) and were transferred to the computer. The digital images were coded to avoid identifying the specimens. Two calibrated observers were blind to the technique used to remove the antibiotic pastes. Reference photographs were selected for each score. Calibration of the observers was then performed on the photographs of 50 root halves. After scoring, the results were also discussed using reference photographs. Finally, the observers performed the main evaluation. The amount of antibiotic pastes remaining in the root canals was scored using the following scoring system adapted to that described by van der Sluis et al (27): (0) root canal wall was completely clean, (1) dispersed particles (2) concentrated antibiotic paste was present on less than half of the wall area, (3) concentrated antibiotic paste covered more than half of the wall area, and (4) concentrated antibiotic paste completely covered the wall area.

### **Removal analysis under SEM**

Subsequently for stereomicroscope analysis, the halves were randomly chosen for SEM preparation and analysis. The specimens were dehydrated in ascending ethanol concentrations and mounted on aluminum stubs. Next, they were coated with a film of gold palladium and examined in a scanning electron microscope (Aspex express, FEI, Eindhoven, Netherlands) operated at 10 kV. The cervical, medium and apical thirds of the roots were used to evaluate the removal of the paste after the irrigation protocols magnified by 1000x. The electron micrographs were obtained from the cervical (3 mm from the cervical limit) medium (7mm from the cervical limit) and apical thirds (3 mm from the apical constriction) of each root canal. They were then transferred and recorded on a CD and evaluated by two trained examiners blind to the irrigation

protocols and materials. Thus, each micrograph was scored using a semi quantitative analysis with a four step scale (28) as follows: (1) all dentinal tubules visible; (2) more than 50% of dentinal tubules visible; (3) less than 50% of dentinal tubules visible; and (4) no dentinal tubules visible.

### **Statistical analysis**

The differences in the scores of antibiotic pastes among the different groups were analyzed with the Kruskal-Wallis, Dunn's and Mann-Whitney U tests. All testing was performed at the 95% confidence level ( $P = .05$ ). All statistical analyses were performed using the Sigma Plot software.

### **Results**

The concordance between the observers in the analysis of the images was great (kappa value=0.908), and the difference between the matched scores never exceeded 1 unit. Intra individual reproducibility was 99%. No method used was effective for complete TAP removal from the root canals.

Considering the results from the analysis under stereomicroscope, the Kruskal-Wallis test did not reveal significant differences between the groups for all thirds (cervical, middle and apical) ( $p > 0.05$ ). The Mann-Whitney U test also did not reveal significant differences between the 2 methods used for the removal of the TAP, independently of the third ( $P > 0.05$ ). On the other hand, the Kruskal-Wallis test showed significant differences regarding the vehicle in the middle and apical thirds. The Dunn's test evidenced that in the middle third, the TP remained more than the TM ( $p < 0.05$ ) but not more than the TW ( $p > 0.05$ ). In the apical third, the TP remained more than the TM and TW, independently of the use of PUI ( $p < 0.05$ ). However the analysis under SEM did not show the same differences once most of the specimens showed smear layer covering the dentinal tubules ( $p > 0.05$ ).

The figure 1 presents SEM images of the apical third of the representative specimens of each group studied.

### **Discussion**

The null hypothesis was partially rejected once TAP was not completely removed from the canal but the vehicle interfered on its removal, principally in the

apical and middle thirds.

The remaining effects of TAP on stem cell biology and the clinical outcome in regenerative endodontic procedures requires investigation since their negative effects on apical papilla human stem cells was already shown(11, 12).As a result, strategies or TAP compositions aiming to achieve its complete removal needs to be investigated.

Optical microscopy and SEM have been used to evaluate root canal cleaning(20, 24, 28, 29). The advantage of using SEM over optical microscopy is that SEM enables researchers to view both debris and the smear layer (29). However, in the present study, most of specimens showed smear layer and there was no difference between the groups, differently from the stereomicroscopic analysis that evaluated the remaining in a more wide view considering the debris and showed some differences specially regarding the different vehicles.

Positive pressure and PUI were chosen because of the very high removal rates detected by both techniques, resulting in approximately 90% and 95% removal, respectively (25). Positive pressure is the most widely used irrigation technique, and ultrasonic activation has been shown to be more effective for removing dressings(25). Passive ultrasonic irrigation (PUI) activates an endodontic file with an ultrasonic device inside the root canal to mechanically agitate the irrigant without contacting the root canal wall (20). During PUI, the energy of a freely oscillating file is transmitted to the irrigant within the root canal, which results in acoustic streaming (30). PUI is characterized by the non cutting action of the ultrasonic file during irrigation to avoid changes in the root canal anatomy (20). In the current study, it was shown that the TAP was not adequately removed from the root canals despite the use of different vehicles or irrigation techniques. Previous studies also reported that the TAP was not completely removed even when PUI was applied (24, 25, 31). The high diffusion and affinity of TAP for dentin may explain why this drug combination is difficult to remove and the resulting minocycline-mediated staining (25).

One important finding of the present study was the influence of a vehicle on the removal of the TAP. Propylene glycol as a vehicle for TAP was found to be difficult to remove, while distilled water and macrogol plus propylene glycol were better and similar to each other,especially in the apical third. Propylene glycol (1,2-propanediol), a dihydric alcohol ( $\text{CH}_3\text{CH}(\text{OH})\text{CH}_2\text{OH}$ )is a vehicle used as a pharmaceutical solvent for preparations in medicine(32), including as a vehicle for calcium hydroxide in Endodontics(33).The difficulty of the TAP prepared with propylene glycol for removal

may be due to the ability of the propylene glycol to effectively penetrate the dentin faster than distilled water and its hygroscopic properties that allow absorption of water, resulting in a sustained release of intracanal medicaments for prolonged periods (31, 34).

Interestingly, when propylene glycol was mixed with polyethylene glycol (PEG) as a TAP vehicle, its removal was facilitated. PEG is also called macrogol (HO-(CH<sub>2</sub>-CH<sub>2</sub>-O)<sub>n</sub>-H) which is used as a base for washable ointments, suppository bases (mainly mixtures of various PEGs), vehicles for parenteral products and tablets having different uses, binders, plasticizers in coating systems and also as a lubricant (35). It is a product based on polycondensation of ethylene oxide and water becoming a large molecular size compound and has the ability to attract a water shell around the polymer because each ethylene glycol subunit attracts two or three water molecules facilitating the solubility (36). Such solubility may explain the improvement of the removal of the TAP prepared with propylene glycol plus macrogol.

Distilled water is one of the most common vehicles used in delivering medicaments into the root canal. It is an aqueous substance having a high viscosity and surface tension that causes a high degree of solubility when the paste that it forms with the medicament comes in direct contact with tissue and tissue fluids, resulting in its rapid solubilization and resorption by tissue macrophages (33, 34). Although its surface tension does not help penetration into the dentinal tubules (33), it is possible that the dehydration of the paste prepared with distilled water could have influenced its removal differently from the other vehicles that have better ointment properties(33).

Other vehicles and irrigation protocols need to be studied to improve the removal of the TAP from the root canal. It was possible to conclude that none TAP vehicle allowed its completely removed from root canals independently of irrigation protocol. Moreover, distilled water or macrogol plus propylene glycol as vehicle favored TAP removal.

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Figure 1. SEM images of apical third after irrigant protocols: a. TWP; b. TWN c. TMP d. TMN e. TPP f. TPN

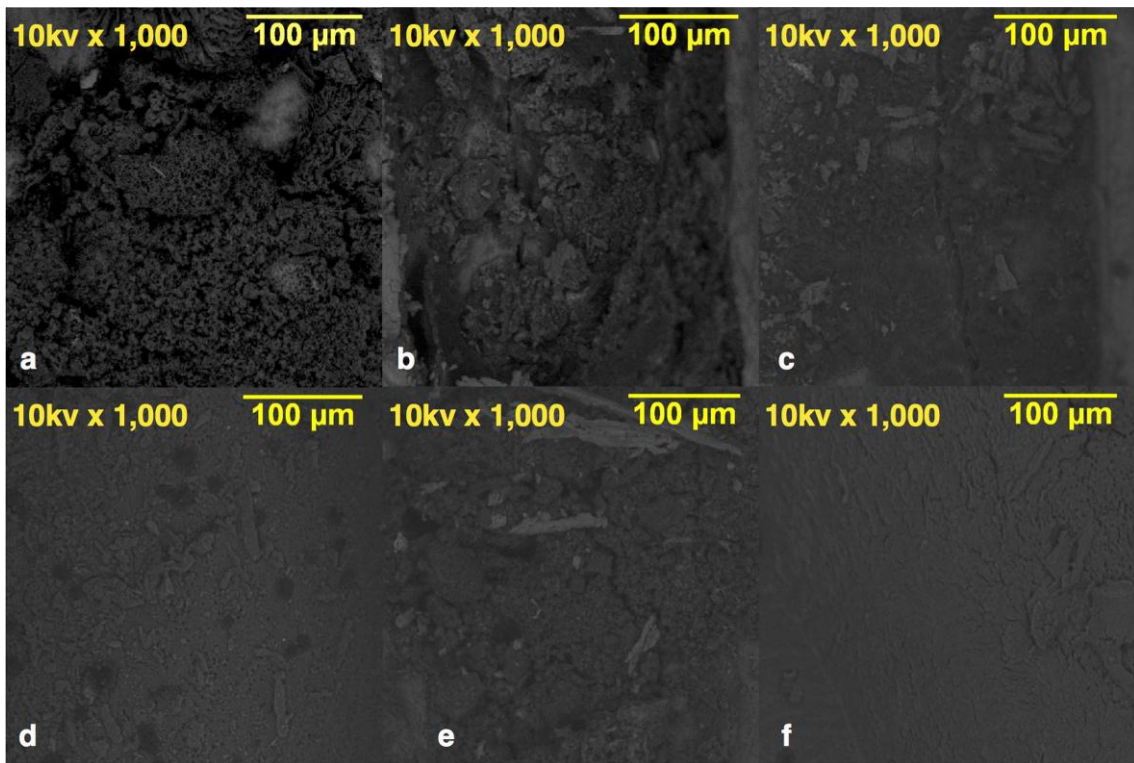




Table 1. Medians, Standard Error Means, and 25% to 75% Quartiles of the Groups considering the thirds

	Stereomicroscopic analysis			SEM analysis		
	Median	Standard error	25%-75%	Median	Standard error	25%-75%
<b>Apical</b>						
TWP <sup>a1</sup>	2	0.339	1.75-3.25	4	0.300	2.00-4.00
TWN <sup>a1</sup>	2	0.388	1.00-3.25	3.5	0.221	3.00-4.00
TMP <sup>a1</sup>	2	0.276	1.00-2.00	3	0.249	2.00-3.25
TMN <sup>a1</sup>	2	0.276	1.00-3.00	2.5	0.290	2.00-4.00
TPP <sup>a1</sup>	3	0.442	2.50-4.25	3	0.276	2.00-4.00
TPN <sup>a1</sup>	3	0.300	2.75-4.00	4	0.266	2.75-4.00
<b>Middle</b>						
TWP <sup>a1</sup>	3	1.033	2.00-4.00	2	0.307	2.00-3.25
TWN <sup>a1</sup>	2	0.971	2.00-3.25	3	0.249	2.75-4.00
TMP <sup>a1</sup>	2	0.788	2.00-2.25	2	0.266	2.00-3.25
TMN <sup>a1</sup>	2	1.160	2.00-4.00	2	0.223	2.00-3.00
TPP <sup>a1</sup>	4	1.033	2.00-4.00	3.5	0.260	2.75-4.00
TPN <sup>a1</sup>	4	1.337	2.00-4.00	3	0.276	2.00-4.00
<b>Coronal</b>						
TWP <sup>a1</sup>	3	1.054	2.00-4.00	2	0.276	1.75-2.25
TWN <sup>a1</sup>	3	0.942	2.00-4.00	2.5	0.166	2.00-3.00
TMP <sup>a1</sup>	2	0.707	2.00-3.00	2	0.163	2.00-3.00
TMN <sup>a1</sup>	2	0.966	2.00-4.00	2	0.266	2.00-2.50
TPP <sup>a1</sup>	2	0.674	2.00-2.25	2	0.223	2.00-3.00
TPN <sup>a1</sup>	3	1.135	2.00-4.25	3	0.233	2.00-3.25

\* Different letters and numbers mean statistical difference into thirds (letters for Stereomicroscopic and numbers for SEM analysis)

Table 2. Medians, Standard Error Means, and 25% to 75% Quartiles of the thirds considering the removal method

	Stereomicroscopic analysis			SEM analysis		
	Median	Standard error	25%-75%	Median	Standard error	25%-75%
Apical						
PUI <sup>a1</sup>	2	0.223	1.75-3.25	3	0.158	2.00-4.00
Needle <sup>a1</sup>	3	0.207	1.75-3.00	3	0.154	2.00-4.00
Middle						
PUI <sup>a1</sup>	2	0.185	2.00-4.00	3	0.168	2.00-4.00
Needle <sup>a1</sup>	2.5	0.227	2.00-4.00	3	0.151	2.00-4.00
Coronal						
PUI <sup>a1</sup>	2	0.156	2.00-3.25	2	0.129	2.00-3.00
Needle <sup>a1</sup>	3	0.185	2.00-4.00	2	0.132	2.00-4.00

\* Different letters and numbers mean statistical difference into thirds (letters for Stereomicroscopic and numbers for SEM analysis)

Table 3. Medians, Standard Error Means, and 25% to 75% Quartiles of the thirds considering the paste vehicle

	Stereomicroscopic analysis			SEM analysis		
	Median	Standard error	25%-75%	Median	Standard error	25%-75%
Apical						
Water <sup>a1</sup>	2	0.252	1.00-3.00	4	0.181	3.00-4.00
Macrogol+ propylene glycol <sup>a1</sup>	2	0.191	1.00-2.75	3	0.186	2.00-3.75
Propylene glycol <sup>b1</sup>	3	0.260	3.00-4.00	3.5	0.190	2.25-4.00
Middle						
Water <sup>ab1</sup>	2.5	0.220	2.00-3.75	3	0.208	2.00-4.00
Macrogol+ propylene glycol <sup>a1</sup>	2	0.223	2.00-3.75	2	0.169	2.00-3.00
Propylene glycol <sup>b1</sup>	4	0.266	2.00-4.00	3	0.186	2.25-4.00
Coronal						
Water <sup>a1</sup>	3	0.217	2.00-4.00	2	0.163	2.00-3.00
Macrogol+ propylene glycol <sup>a1</sup>	2	0.184	2.00-3.00	2	0.152	2.00-3.00
Propylene glycol <sup>a1</sup>	2	0.228	2.00-3.00	3	0.163	2.00-3.00

\* Different letters and numbers mean statistical difference into thirds (letters for Stereomicroscopic and numbers for SEM analysis)

# Anexos

# Anexo A

## Guide for Authors (Journal of Endodontics)



### Introduction

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a. The paragraph is the ideal unit of organization. Paragraphs typically start with an introductory sentence that is followed by sentences that describe additional detail or examples. The last sentence of the paragraph provides conclusions and forms a transition to the next paragraph. Common problems include one-sentence paragraphs, sentences that do not develop the theme of the paragraph (see also section *–e,* below), or sentences with little to no transition within a paragraph.

b. Keep to the point. The subject of the sentence should support the subject of the paragraph. For example, the introduction of authors' names in a sentence changes the subject and lengthens the text. In a paragraph on sodium hypochlorite, the sentence, ~~In~~ 1983, Langeland et al, reported that sodium hypochlorite acts as a lubricating factor during instrumentation and helps to flush debris from the root canals" can be edited to: ~~Sodium hypochlorite acts as a lubricant during instrumentation and as a vehicle for flushing the generated debris (Langeland et al, 1983)."~~ In this example, the paragraph's subject is sodium hypochlorite and sentences should focus on this subject.

c. Sentences are stronger when written in the active voice, that is, the subject performs the action. Passive sentences are identified by the use of passive verbs such as ~~was,~~ ~~were,~~ ~~could,~~ etc. For example: ~~Dexamethasone was found in this study to be a factor that was associated with reduced inflammation,~~ can be edited to: ~~Our results demonstrated that dexamethasone reduced inflammation."~~ Sentences written in a direct and active voice are generally more powerful and shorter than sentences written in the passive voice.

d. Reduce verbiage. Short sentences are easier to understand. The inclusion of unnecessary words is often associated with the use of a passive voice, a lack of focus, or run-on sentences. This is not to imply that all sentences need be short or even the same length. Indeed, variation in sentence structure and length often helps to maintain reader interest. However, make all words count. A more formal way of stating this point is that the use of subordinate clauses adds variety and information when constructing a paragraph. (This section was written deliberately with sentences of varying length to illustrate this point.)

e. Use parallel construction to express related ideas. For example, the sentence, ~~Formerly, endodontics was taught by hand instrumentation, while now rotary instrumentation is the common method,~~ can be edited to ~~Formerly, endodontics was taught using hand instrumentation; now it is commonly taught using rotary~~



instrumentation.” The use of parallel construction in sentences simply means that similar ideas are expressed in similar ways, and this helps the reader recognize that the ideas are related.

f. Keep modifying phrases close to the word that they modify. This is a common problem in complex sentences that may confuse the reader. For example, the statement, “Accordingly, when conclusions are drawn from the results of this study, caution must be used,” can be edited to “Caution must be used when conclusions are drawn from the results of this study.”

g. To summarize these points, effective sentences are clear and precise, and often are short, simple and focused on one key point that supports the paragraph’s theme.

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Either narrative articles or systemic reviews/meta-analyses. Case Report/Clinical Techniques articles, even when they include an extensive review of the literature, are categorized as Case Report/Clinical Techniques. Word limit: 3500. Headings: Abstract, Introduction, Discussion, Acknowledgments. Maximum number of figures: 4. Maximum number of tables: 4.

#### *Clinical Research*

Prospective or retrospective studies of patients or patient records, research on biopsies excluding the use of human teeth for technique studies. Word limit: 3500. Headings: Abstract, Introduction, Materials and Methods, Results, Discussion, Acknowledgments. Maximum number of figures: 4. Maximum number of tables: 4.

#### *Basic Research—Biology*

Animal or culture studies of biological research on physiology, development, stem cell differentiation, inflammation, or pathology. Primary focus is on biology. Word limit: 2500. Headings: Abstract, Introduction, Materials and Methods, Results, Discussion, Acknowledgments. Maximum number of figures: 4. Maximum number of tables: 4.

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Focus primarily on research related to techniques and materials used, or on potential clinical use, in endodontics. Word limit: 2500. Headings: Abstract, Introduction, Material and Methods, Results, Discussion, Acknowledgments. Maximum number of figures: 3. Maximum number of tables: 3.

#### *Case Report/Clinical Techniques*

Reports of an unusual clinical case or use of a cutting edge technology in a clinical case. Word limit: 2500. Headings: Abstract, Introduction, Materials and Methods, Results, Discussion, Acknowledgments. Maximum number of figures: 4. Maximum number of tables: 4.

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Journal article:

1. Van der Geer J, Hanraads JAJ, Lupton RA. The art of writing a scientific article. *JSciCommun*. 2010;163:51–59.

Book:



2. Strunk W Jr, White EB. *The Elements of Style*, 4th ed. New York: Longman; 2000. Chapter in an edited book:

3. Mettam GR, Adams LB. How to prepare an electronic version of your article. In: Jones BS, Smith RZ, eds. *Introduction to the Electronic Age*. New York: E-Publishing; 2009:281–304.

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# Anexo B



UNIVERSIDADE ESTADUAL PAULISTA  
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Campus de Araçatuba



## INSTRUÇÃO NORMATIVA N.º 014-CPPGCO, de 14 de março de 2013.

*Dispõe sobre as Normas para Redação de Dissertações e Teses do Programa de Pós-Graduação em CIÊNCIA ODONTOLÓGICA, de acordo com a Resolução UNESP-24, DE 24/02/2012.*

O Coordenador do Programa de Pós-Graduação em Ciência Odontológica desta Faculdade, considerando a decisão do Conselho do Programa, por ocasião de sua reunião, levada a efeito em 08/03/2013, baixa a seguinte instrução normativa:

**Artigo 1º** - A redação do trabalho de Dissertação ou Tese do aluno do Programa de Pós-Graduação em Ciência Odontológica poderá ser realizada pela forma tradicional ou em formato de artigo.

**Artigo 2º** - O trabalho em formato de artigo deverá conter os seguintes elementos em sua estrutura:

### **I – Trabalho resultando em somente um artigo**

1. Capa;
2. Folha de Rosto;
3. Ficha catalográfica (no verso da folha de rosto);
4. Dados Curriculares (facultativo);
5. Dedicatória (facultativo);
6. Agradecimentos (facultativo);
7. Epígrafe (facultativo);
8. Título e Resumo em Português;
9. Título e Resumo em Inglês (Abstract);
10. Lista de figuras (facultativo);
11. Lista de tabelas (facultativo);
12. Lista de abreviaturas (facultativo);
13. Sumário;
14. Artigo na íntegra (redigido nas normas do periódico escolhido)
15. Anexos

### **II – Trabalho resultando em dois artigos ou mais**

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2. Folha de Rosto;
3. Ficha catalográfica (no verso da folha de rosto);
4. Dados Curriculares (facultativo);
5. Dedicatória (facultativo);
6. Agradecimentos (facultativo);
7. Epígrafe (facultativo);
8. Título e Resumo Geral em Português;
9. Título e Resumo Geral em Inglês (Abstract);
10. Lista de figuras (facultativo);
11. Lista de tabelas (facultativo);
12. Lista de abreviaturas (facultativo);
13. Sumário;
14. Introdução Geral (com referências inseridas como notas de rodapé);
15. Artigos na íntegra (redigido nas normas do periódico escolhido)
16. Anexos

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**Artigo 3º** - Esta instrução normativa entra em vigor na data de sua publicação.

Conselho do Programa, 14 de março de 2013.

Prof. Adj. ALBERTO CARLOS BOYAZZO DELBEM  
Coordenador do Programa