## Management of ledges

Be patient and slow down

Identify the location of the ledge with a small hand file and tactile sensation

Enlarge the canal space to 1mm short of the ledge e.g. if the ledge is 16mm down the canal, enlarge up to 15mm of the canal using hand files or rotary.

Place a small sharp kink in the end of an ISO size 8 file

This should easily go down the enlarged canal.

Scout the walls and feel for the drop into the canal

Once in the canal, do not exit

File and smooth the ledge away with gentle up and down movements

Once the ISO 8 can glide and feels loose move successively up to an ISO 10, 15 and 20

Continue with canal preparation via hand or rotary files

If further treatment is beyond your limits, calmly inform the patient and refer appropriately

Complications can arise, it is important that these are communicated to the patient **before** commencing treatment. Once they occur patients should be **informed** and if you do not feel confident handling them, patients should then be reassured and **referred**.

Ledges can be avoided by ensuring a good access cavity design with straight line access to the canals. Use pre curved hand files, with lubricant and a gentle watch winding motion. Never force the files.