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## Analysis of clinical studies related to apexification techniques

### ABSTRACT

**Aim** The aim of this study was to gather all the clinical studies regarding apexification and artificial apical barrier techniques, point out the possible differences of the clinical procedures and investigate how these are changing over time.

**Materials and methods** An electronic search was carried out in PubMed, covering the period from March 1968 to July 2015. More articles were retrieved by hand-searching or by the reference section of the included articles. Specific criteria were set in order to determine the relevance of each study.

**Results** One hundred and thirty eight articles were included, 53% of them concerned apexification with MTA plug. Long term apexification studies demonstrated 13% for a single change of the intracanal medicament and 85% for two or more. In 13% of the studies concerning artificial apical plug, the procedure included a single visit. Calcium hydroxide was left in the root canal for 3–12 months in 59% of the long term apexification studies, for 12–24 in 42% and for 24 months or more in 10%.

**Conclusion** Both techniques can lead to favourable clinical outcomes. There is a tendency for the artificial apical barrier apexification over the years, which usually includes the use of intracanal medicament for a short time.

**Keywords** Apexification; Calcium hydroxide; MTA; Open apex.

## Introduction

Teeth with necrotic pulp and open apex bring about several challenges to clinicians due to the lack of natural apical constriction and the thin root walls that are prone to fracture [Trope, 2006, Camp, 2008]. In order to confine filling materials into the root canal space and prevent overfilling, the placement of an artificial apical barrier and/or the closure of the apex are necessary before obturation of the root canal system [Trope 2006].

The traditional approach to handle cases with open apex is the multiple-visit apexification treatment with the use of calcium hydroxide (CH) as intracanal medicament [Seltzer, 1988]. The frequency of changes of CH from the root canal constitutes a controversial topic as there are studies that propose that a single placement of this medicament is enough to achieve predictable outcomes [Chawla 1986], whereas others claim that multiple replacements of CH could lead to a more rapid formation of a calcified tissue barrier [Abbot 1998]. The time required for the calcified tissue barrier to form varies from 5 to 20 months [Sheehy and Roberts, 1996] and seems to be influenced by several factors such as opening of the apex, frequency of intracanal medication replacement, age of the patient and the presence of periapical radiolucency [Mackie et al., 1988; Finucane and Kinirons, 1999; Kleier and Barr, 1991].

CH apexification has high clinical success rates and most of the teeth exhibit a calcified barrier at the blunt apex [Sheehy and Roberts, 1996; Mendoza et al., 2010]. However, despite the high success rate of CH apexification, several limitations led to seek for alternative treatment modalities. The long time for the apical barrier to be formed, the multiple visits for completion of the treatment, the possibility for coronal microleakage during treatment as well as the lower resistance to fracture of the teeth are some of those disadvantages [Andreasen et al., 2002; Andreasen et al., 2006; Rosenberg et al., 2007].

Torabinejad and Chivian [1999] proposed the use of mineral trioxide aggregate (MTA) as an artificial apical plug for the treatment of teeth with open apex. MTA has the main advantages of inducing a hard tissue barrier in contact to its surface [Shabahang et al., 1999] and setting up in the presence of moisture [Torabinejad et al., 1995]. MTA apexification treatment can be completed in a single visit or in two or more visits with the use of CH as intracanal medicament [Witherspoon et al., 2008; Nayar et al., 2009]. In a systematic review of the literature, Chala et al. [2011] report that the clinical success of MTA plug apexification does not differ from that of CH apexification. More recently, other biomaterials such as Biodentine (Spetodont) and calcium-enriched mixture (CEM) have also been used as artificial apical barriers in cases of pulpless teeth with open apex [Khetarpal et al., 2014; Asgary and Fazlyab, 2014].

In recent years, regenerative endodontic procedures (REPs) have been used to treat teeth with necrotic pulp and open apex [Kontakiotis et al., 2014]. Those techniques aim

to achieve healing of apical periodontitis, and thickening and/or lengthening of the root walls based on the core principles of tissue engineering [Kontakiotis et al., 2015]. Since 2001, many studies have been published in the literature presenting the use of REPs with signs of clinical success [Kontakiotis et al., 2014; Kontakiotis et al., 2015].

Apexification treatment has been implemented in teeth with open apex for more than 40 years. Several differences can be found among the relevant studies in the way the apexification procedures are carried out. Regardless the type of apexification (long-lasting use of CH or use of artificial apical barriers), the type of apical barrier, the number of visits, the use of intracanal medicaments and its time of permanence in root canal, apexification procedures appear to lead to favourable clinical outcomes. Certainly, it is pretty important and helpful to clinicians to gather and analyse the clinical articles related to apexification treatment via a systematic approach of the international literature. Regenerative endodontic procedures were not taken into account in this review, as there are already studies that have gathered the related clinical articles and analysed the implemented protocols [Kontakiotis et al., 2014; Kontakiotis et al., 2015].

The purpose of this review was to retrieve all clinical studies related to apexification treatment in teeth with open apex, point out the differences in treatment procedures among them, detect how these procedures are changing over time, as well as to survey the percentages of clinical success and apical closure of the aforementioned techniques.

## Materials and methods

An electronic search in PubMed database was carried out covering the period from March 1968 to the second week of July 2015. Appropriate MeSH (Medical Subject Headings) terms for this search were formed: (((open[All Fields] AND ("Apex"[Journal] OR "apex"[All Fields])) OR (("calcium hydroxide"[MeSH Terms] OR "calcium"[All Fields] AND "hydroxide"[All Fields]) OR "calcium hydroxide"[All Fields]) AND ("apexification"[MeSH Terms] OR "apexification"[All Fields]))) OR (("pemetrexed"[Supplementary Concept] OR "pemetrexed"[All Fields] OR "mta"[All Fields]) AND apical[All Fields] AND plug[All Fields]) OR (("mineral trioxide aggregate"[Supplementary Concept] OR "mineral trioxide aggregate"[All Fields]) AND ("apexification"[MeSH Terms] OR "apexification"[All Fields])). There was also a hand-search of 4 relevant dental journals: Journal of Endodontics, International Endodontic Journal, Pediatric Dentistry, and International Journal of Paediatric Dentistry. The reference section of each study included in this review was used as an additional article source. The relevance of each article was initially evaluated by scanning its title and abstract. In cases of uncertainty for the article's relevance, full texts were retrieved.

The criteria for the definitive inclusion of each article after full text retrieval were:

- 1) clinical studies, case series or case reports that included calcium hydroxide apexification treatment or apexification procedure with the use of artificial apical barriers in teeth with open apex;
- 2) adequate information with regard to the technique and the materials used;
- 3) outcome based on clear data from clinical and radiographic examination;
- 4) articles written in English language.

Exclusion criteria were:

- 1) articles irrelevant to apexification procedures;
- 2) animal studies, reviews, in vitro or ex vivo studies;
- 3) inadequate data regarding the application of the treatment protocol;
- 4) articles written in languages other than English.

The criteria were applied to each article independently by the reviewers for more reliable results. A consensus was achieved after discussion in cases of disagreement.

The information selected from each article concerned: the type of each study, the cause of open apex, the type of apexification procedure (calcium hydroxide or artificial apical barrier), the type of artificial apical barrier, the number of visits for the completion of treatment, the time that calcium hydroxide was left in the root canals, the clinical success of the treatment as well as the apical closure. In cases of clinical studies that included multiple categories, all of them were counted.

## Results

One thousand two hundred and thirty-five (1235) results were found after the aforementioned electronic search, 1114 of which were not included in this review due to the exclusion criteria. The sample was formed at 121 articles. Seventeen more studies were retrieved after hand-searching in the specific journals or by the reference section, so the final sample was 138 articles (Fig. 1).

The results of this study are shown in Table 1. Fifty-three percent of the studies included in this review referred to MTA apical plug technique, whereas in the last decade the same percentage was 71%. The percentages regarding the number of visits of CH apexification were 13% and 85% for two visits and multiple visits, respectively. As far as the duration of the treatment is concerned, CH remained in the root canal space for 3-12 months in 59% of the studies, for 12-24 months in 42%, and 24 months or more in 10% of the studies.

The apical plug technique was completed in one visit in 13% of the studies; in two visits in 75% and in more than two visits in 20%, whereas, the intracanal medicament was left for up to 3 weeks in 74% of the studies in which it was used.

Long-term apexification presented higher percentages of apical closure than artificial barrier apexification.

## Discussion

Pulp necrosis is caused by trauma or other insults, and it usually results in the arrest of root development of permanent immature teeth; immature pulpless teeth remain with open apex and thin and short root walls [Holden et al., 2008]. Other causes of open apex are: chronic periapical periodontitis that leads to apical resorption, apical resorption due to trauma, destruction of apical constriction during mechanical debridement, apicoectomy without use of root-end filling materials and horizontal root fracture [Kusgoz et al., 2009; Stefopoulos et al., 2012; Mente et al., 2013]. In the case of immature teeth with open apex and fragile root walls, apart from the risk of extruding root filling materials in the periradicular tissues, there is also the risk of root fracture during or after the completion of treatment [Holden et al., 2008].

Two of the most popular techniques to confront teeth with open apex are: the long-lasting apexification treatment with use of CH, and the apexification procedure with placement of artificial apical barriers at the blunt apex. The present study targeted clinical articles related to apexification procedures. The number of articles that complied with the inclusion criteria of this study was one hundred thirty eight. Gathering all these articles and analysing in detail the treatment procedures is helpful to uncover possible preferences to a specific treatment protocol or a specific biomaterial and to understand how these preferences are changing over time as well as to

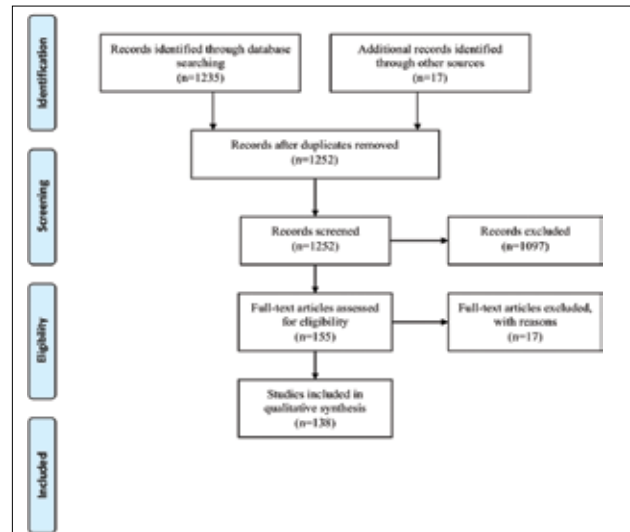


FIG. 1 PRISMA 2009 flow diagram.

clear up their correlation with the treatment outcome.

According to the findings of the present study, all clinical articles published from 1976 to 2002 are related to CH apexification. However, it seems that in the last decade the use of artificial apical barriers has restricted the use of CH technique, as in this decade 75 out of 105 relevant studies (71%) are related to MTA apical plug technique and, additionally, there are a few cases of apical plug technique in which Biodentine and calcium-enriched mixture (CEM)

Study	Type of study	Cause of open apex	Barrier	One or two visits	Duration of CaOH	Clinical success	Apical closure	Recall Period
Umashetty et al, 2015	Case report	Immature teeth	MTA	2 visits with Ca(OH) <sub>2</sub>	2 weeks	4/4	2/4	15 months
Yadav et al, 2015	Case report	Immature tooth	MTA + PRF membrane	2 visits with Ca(OH) <sub>2</sub>	1 week	1/1	0/1	2 years
Chalakkal et al, 2015	Case report	Immature tooth	Mineralised tissue barrier	1 visit (Metapex)	1 year	0/1	1/1	1 year
Mente et al, 2015	Cohort clinical study	Apicoectomy	MTA	1 or 2 visits (n=9) Multiple visits (n=14) with Ca(OH) <sub>2</sub>	Not mentioned	20/23	Not Mentioned	35 months
Galhotra et al, 2015	Case report	Immature tooth	Mineralised tissue barrier	1 visit (Metapex)	1 year	Not clear due to extrusion	Not clear due to extrusion	2 years
Kumar et al, 2014	Case report	Immature tooth	MTA + PRF membrane	Multiple visits with triple antibiotic paste + Ca(OH) <sub>2</sub>	3 weeks	1/1	1/1	1 year
Narang et al, 2015	Pilot clinical study	Immature teeth	MTA	2 visits with triple antibiotic paste	Not mentioned	5/5	0/5	18 months
Silva et al, 2015	Case report	Immature tooth	Mineralised tissue barrier	4 visits with Ca(OH) <sub>2</sub>	9 months	1/1	1/1	6 years
		Immature tooth	MTA	2 visits with Ca(OH) <sub>2</sub>	3 weeks	1/1	1/1	
Badole et al, 2015	Case report	Immature teeth	MTA	2 visits with Ca(OH) <sub>2</sub>	1 week	2/2	0/2	1 year

TABLE 1A Presentation of the data collected from the clinical studies on apexification techniques.

Study	Type of study	Cause of open apex	Barrier	One or two visits	Duration of CaOH	Clinical success	Apical closure	Recall Period
Bonte et al, 2015	RCT	Immature teeth	Mineralised tissue barrier	6 visits with Ca(OH) <sub>2</sub>	1 year	12/16 75%	8/16 50%	1 year
			MTA	2 visits with Ca(OH) <sub>2</sub>	2 weeks	14/17 82.4%	13/17 76.5%	1 year
Kumar et al, 2014	Case report	Immature teeth	MTA	2 visits with Ca(OH) <sub>2</sub>	2 weeks	2/2	2/2	8 months
Khetarpal et al, 2014	Case report	Immature tooth	Biodentine	2 visits with Ca(OH) <sub>2</sub>	1 week	1/1	1/1	18 months
Shekhar et al, 2014	Case report	Immature tooth	MTA	2 visits with Ca(OH) <sub>2</sub>	1 week	1/1	1/1	6 months
Pace et al, 2014	Case series	Immature teeth	MTA	2 visits with Ca(OH) <sub>2</sub>	1 week	15/16	Not mentioned	10 years
Alobaid et al, 2014	Retro cohort study	Immature teeth	MTA	Multiple visits with Ca(OH) <sub>2</sub>	Not mentioned	5/5	Not mentioned	22 months
			Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	Not mentioned	7/7	Not mentioned	
Asgary & Fazlyab 2014	Case report	Immature tooth	C.E.M	1 visit	-	1/1	1/1	2 years
Sinha et al, 2014	Case report	Immature tooth	Biodentine	2 visits with triple antibiotic paste	-	1/1	1/1	1 year
Chacko & Pradhan 2014	Case report	Immature tooth	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	2 years	1/1	1/1	2 years
Ghosh et al, 2014	Comparative study	Immature teeth	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	7.6 months	44/51 86.3%	37/51 72.5%	7.6 months
Nayak & Hasan 2014	Case report	Immature tooth	Biodentine + collagen membrane	2 visits with Ca(OH) <sub>2</sub>	1 month	1/1	1/1	1 year
Kumar et al, 2014	Case report	Immature tooth	MTA	2 visits with Ca(OH) <sub>2</sub>	5 month	1/1	1/1	28 months
Dixit et al, 2014	Case report	Immature teeth	MTA	2 visits with Ca(OH) <sub>2</sub>	2 weeks	2/2	2/2	5 years
			mineralised barrier	2 visits with Ca(OH) <sub>2</sub>	6 months			
Nagy et al, 2014	RCT	Immature teeth	MTA	2 visits with triple antibiotic paste	Not mentioned	9/9	Not mentioned	18 months
Khetarpal et al, 2013	Case report	Immature tooth	MTA + PRF membrane	2 visits with Ca(OH) <sub>2</sub>	1& 2 weeks	Inadequate recall period	Inadequate recall period	3 months
Cetenovi et al, 2013	Case report	Immature teeth	MTA	4 visits with Ca(OH) <sub>2</sub>	6 months for the first 3/ 4 months for the other	4/4	0/4	6 months (3 first)/ 3 months
Gawthaman et al, 2013	Case report	Immature tooth	mineralised barrier	2 visits with Ca(OH) <sub>2</sub>	3 months	Inadequate recall period	1/1	3 months
			MTA	2 visits with Ca(OH) <sub>2</sub>	5 days	Inadequate recall period	Inadequate recall period	-
Floratos et al, 2013	Case report	Immature teeth	MTA	2 visits with Ca(OH) <sub>2</sub>	2 weeks	2/2	2/2	12&16 months
Costa et al, 2013	Case report	Immature tooth	mineralised barrier + MTA	Multiple visits with Ca(OH) <sub>2</sub>	18 months	1/1	1/1	16 months
Shekhar & Shashikala 2013	Case report	Immature tooth	MTA	2 visits with Ca(OH) <sub>2</sub>	1 week	1/1	1/1	24 months
Chang et al, 2013	Case reports	Immature teeth	MTA	2 visits Ca(OH) <sub>2</sub>	2 weeks	3/3	Not clear	11-24 months
				3 visits Ca(OH) <sub>2</sub>	3 weeks		Not clear	
				2 visits Ca(OH) <sub>2</sub>	1 week		1/1	

TABLE 1B Presentation of the data collected from the clinical studies on apexification techniques.

Study	Type of study	Cause of open apex	Barrier	One or two visits	Duration of CaOH	Clinical success	Apical closure	Recall Period
Fayazi et al, 2013	Case report	Immature tooth	MTA	2 visits Ca(OH) <sub>2</sub>	1 week	1/1	1/1	6 months
Vijayran et al, 2013	Case report	Immature tooth	MTA	2 visits Ca(OH) <sub>2</sub>	13 months	Inadequate recall period	Inadequate recall period	-
Souza et al, 2012	Case report	Overinstrumentation - destruction of AP	Ca(OH) <sub>2</sub> plug	2 visits with Ca(OH) <sub>2</sub>	2 weeks	1/1	1/1	8 years
Paul et al, 2012	Case report	Immature tooth	MTA	2 visits with Ca(OH) <sub>2</sub>	3 weeks	1/1	1/1	6 months
Mente et al, 2013	Retro cohort study	Immature (12)	MTA	2 or more visits with Ca(OH) <sub>2</sub>	Not mentioned	11/12 92%	Not mentioned	1 year
		Overinstrumentation (110)				103/110 94%		
		Root resorption due to A.P. (105)				89/105 85%		
		Root resorption Due to trauma (25)				24/25 96%		
Silva & Zaia 2012	Case report	Immature tooth	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	18 months	1/1	1/1	2 years
de Jesus Soares et al, 2012	Case report	Immature tooth	Mineralised tissue barrier	2 visits with Ca(OH) <sub>2</sub>	9 months	1/1	1/1	4 years
Jeeruphan et al, 2012	Retro study	Immature teeth	MTA	1 visit	-	13/19	Not mentioned	>6 months
			Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	17 months	17/22	Not mentioned	
Stefopoulos et al, 2010	Case report	Apicoectomy	MTA	2 visits with Ca(OH) <sub>2</sub>	2 weeks	1/1	1/1	4 years
Rudagi & Rudagi 2012	Case report	Immature tooth	MTA	2 visits with Ca(OH) <sub>2</sub>	1 week	1/1	1/1	1 year
Albadri et al, 2012	Case report	Immature teeth	MTA	2 visits with Ca(OH) <sub>2</sub>	Not mentioned	2/2 1/1	2/2 1/1	6-18 months
		Root fracture						
Gunes & Aydinbelge 2012	Case report	Immature teeth	MTA	2 visits with Ca(OH) <sub>2</sub>	2 weeks	3/3	3/3	18 months
Aggarwal et al, 2012	Case report	Immature tooth	Not clear	Multiple visits with Ca(OH) <sub>2</sub> Points	2 months	1/1	Not clear	24 months
Bezgin et al, 2012	Prospect Clinical study	Immature tooth	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub> Points	9.6 months	11/12	11/12	12 months
			Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub> Paste	9.6 months	10/10	10/10	
Asgary & Ehsani S 2012	Case report	Immature tooth	MTA	2 visits with Ca(OH) <sub>2</sub>	2 weeks	1/1	1/1	7 years
Nosrat et al, 2011	Case series	Immature teeth	CEM/MTA	2 visits with Ca(OH) <sub>2</sub>	2 weeks	7/7	7/7	12-24 months
		Resorption due to AP				6/6	6/6	
Yassen et al, 2012	Prospective study	Immature teeth	Mineralised tissue barrier	2 (74%) 3 (22%) 4 (4%) -visits with Ca(OH) <sub>2</sub>	6-12 months	23/23	23/23	13 months
Ajwani & Saini 2011	Case report	Immature tooth	MTA	2 visits with Ca(OH) <sub>2</sub>	1 month	1/1	0/1	6 months
Paula-Silva et al, 2011	Case report	Immature tooth	MTA	Multiple visits with Ca(OH) <sub>2</sub>	14 months	1/1	1/1	12 months

TABLE 1C Presentation of the data collected from the clinical studies on apexification techniques.

Study	Type of study	Cause of open apex	Barrier	One or two visits	Duration of CaOH	Clinical success	Apical closure	Recall Period
Beslot-Neveu A et al, 2011	RCT	Immature teeth	MTA	2 visits with Ca(OH) <sub>2</sub>	2 weeks	Not mentioned	Not mentioned	12 months
			Mineralised tissue barrier	4 visits with Ca(OH) <sub>2</sub>	6-12 months			
Shadmehr & Farhad 2011	Case report	Immature tooth	MTA+ Calcium hydroxide plug	3 visits with Ca(OH) <sub>2</sub>	2 weeks	1/1	0/1	18 months
Moore et al, 2011	Comparative clinical study	Immature teeth	MTA	2 visits with Ca(OH) <sub>2</sub>	At least 1 week	21/22 95,5%	14/22 63,6%	23,4 months
Kumar et al, 2011	Case report	Over-instrumentation	MTA	2 visits with Ca(OH) <sub>2</sub>	1 week	1/1	0/1	6 months
Kahler 2011	Case report	Immature teeth	MTA	2 visits with Ca(OH) <sub>2</sub>	1 month	2/2	0/2	12 months
Mohammadi & Yazdizadeh 2011	Case report	Immature tooth	MTA	Not mentioned	Not mentioned	1/1	1/1	1 year
Warner & Al-Salehi 2011	Case report	Immature tooth	MTA	2 visits with Ca(OH) <sub>2</sub>	1 month	1/1	0/1	2 months
Asgary et al, 2011	Case report	Immature teeth	CEM	1 visit without Ca(OH) <sub>2</sub>	-	1/1	0/1	40 months
				2 visits with Ca(OH) <sub>2</sub>	6 weeks			
Mendoza et al, 2010	Clinical Study	Immature teeth	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	8,6+/- 3,36 months	28/28	28/28	24 months
Cehreli et al, 2011	Case report	Immature teeth	MTA	2 visits without Ca(OH) <sub>2</sub>	Not mentioned	2/2	0/2	18 months
Sridhar et al, 2010	Case report	Immature teeth	Mineralised tissue barrier	3 visits with Metapex®	12 months	3/3	3/3	12 months
Chhabra et al, 2010	Case report	Immature tooth	MTA+ Demineralized freeze-dried bone allograft	2 visits with Metapex®	2 weeks	1/1	0/1	24 months
Lee et al, 2010	Clinical study	Immature teeth	Mineralised tissue barrier	4 visits with Ca(OH) <sub>2</sub>	10-14 weeks	32/32	32/32	Not mentioned
Vellore 2010	Case report	Immature teeth	Mineralised tissue barrier	3 visits with Ca(OH) <sub>2</sub>	3 months	2/2	2/2	-
Araújo et al, 2010	Case report	Apical resorption	MTA+ Calcium sulphate matrix	1 visit without Ca(OH) <sub>2</sub>	-	1/1	0/1	12 months
Khatavkar & Hegde 2010	Case report	Immature tooth	MTA+ Calcium sulfate barrier	2 visits with Ca(OH) <sub>2</sub>	1 week	1/1	0/1	3 months
Vanka et al, 2010	Case report	Immature teeth	MTA	Multiple visits with Ca(OH) <sub>2</sub>	16 months	1/1	0/1	6 months
			MTA+ absorbable collagen sponge	2 visits with Ca(OH) <sub>2</sub>	2 weeks			
Wang et al, 2010	Case report	Immature tooth	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	5 months	1/1	1/1	12 months
Schmitz et al, 2010	Case report	Immature teeth	Mineralized tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	8 months / 15 months / 12 months	2/3	2/3	38 months
Nayar et al, 2009	Clinical study	Immature teeth	MTA	Multiple visits with Ca(OH) <sub>2</sub>	Mean time 20 weeks	41/43	Not mentioned	10,67 months

TABLE 1D Presentation of the data collected from the clinical studies on apexification techniques.

Study	Type of study	Cause of open apex	Barrier	One or two visits	Duration of CaOH	Clinical success	Apical closure	Recall Period
Nuvvula et al, 2010	Case report	Immature tooth	MTA	Multiple visits with Ca(OH) <sub>2</sub>	2 weeks	1/1	0/1	4 months
Annamalai et al, 2010	Clinical study	Immature teeth	MTA	1 visit without Ca(OH) <sub>2</sub>	-	30/30 100%	26/30 86,6%	12 months
Kusgoz et al, 2009	Case report	Apical resection	MTA	3 visits with Ca(OH) <sub>2</sub> (change every 2 weeks+ 3 visits with triple antibiotic paste)	6 weeks+ 3 months (antibiotic paste)	1/1	0/1	30 months
Raldi et al, 2009	Case report	Immature teeth	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	12 months	1/1	1/1	2 years
			MTA	2 visits with Ca(OH) <sub>2</sub>	2 weeks	1/1	1/1	5 years
			MTA	2 visits with Ca(OH) <sub>2</sub>	4 weeks	1/1	0/1	9 months
Mente et al, 2009	RCT	Overinstrumentation / Apical resorption	MTA	2 visits with Ca(OH) <sub>2</sub>	Not mentioned	47/56 (84%)	Not mentioned	30,9 months
Oktem et al, 2009	Case report	Apical resorption	Mineralized tissue barrier	Multiple visits with CHPP	6 Months	1/1	1/1	24 months
Bogen & Kuttler 2009	Case report	Immature tooth	MTA	2 visits with Ca(OH) <sub>2</sub>	1 week	1/1	1/1	18 months
Kusgoz et al, 2009	Case reports	Horizontal root fracture	MTA	2 visits with Ca(OH) <sub>2</sub>	Not mentioned	3/3	0/3	24 months/ 12 months
Ma et al, 2009	Case report	Immature tooth	MTA	2 visits with Ca(OH) <sub>2</sub>	2 weeks	Not ment.	1/1	Not mentioned
Demartis et al, 2009	Case report	Immature tooth	MTA	2 visits with Ca(OH) <sub>2</sub>	10 days	1/1	1/1	12 months
Marcos Jacobovitz et al, 2009	Case report	Immature tooth	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	18 months	1/1	1/1	7 years
Oliveira et al, 2008	Case report	Immature teeth	MTA	Multiple visits with Ca(OH) <sub>2</sub>	6 months	2/2	0/2	15 months
Park & Lee 2008	Case report	Immature tooth	MTA	2 visits with Ca(OH) <sub>2</sub>	1 week	1/1	1/1	24 months
Witherspoon et al, 2008	RCT	Not mentioned	MTA	1 visit with MTA	-	46/47	Not mentioned	19,4 months
				2 visit with Ca(OH) <sub>2</sub>	3 weeks	26/31		
Holden et al, 2008	RCT	Not mentioned	MTA	2 visits with Ca(OH) <sub>2</sub>	1 week	17/20 healed 1/20 healing	Not mentioned	1 year
Deepti et al, 2008	Case report	Immature tooth	Mineralised tissue barrier	3 visits with Ca(OH) <sub>2</sub>	13 months	1/1	1/1	Not mentioned
Fregnani et al, 2008	Case report	Immature tooth	IRM surgically	Multiple visits with Ca(OH) <sub>2</sub>	12 months	1/1	0/1	4 years
Zhu et al, 2008	Case report	Immature tooth	MTA	2 visits with Ca(OH) <sub>2</sub>	2 weeks	1/1	0/1	30 months
Erdem & Sepet 2008	Case report	Immature teeth	MTA	2 visits with Ca(OH) <sub>2</sub>	1-6 weeks	4/5	4/5	24 months
Soares et al, 2008	Case report	Immature tooth	Mineralised tissue barrier	5 visits with Ca(OH) <sub>2</sub>	8 months	1/1	1/1	36 months
Kristoffersen et al, 2008	Case report	Immature tooth	MTA	2 visits with Ca(OH) <sub>2</sub>	2 months	1/1	0/1	15 months
Ghaziani et al, 2007	Case report	Immature teeth	MTA	2 visits with Ca(OH) <sub>2</sub>	2 weeks	1/2	0/2	24 months
Sarris et al, 2008	Pilot study	Immature tooth	MTA	3 visits without Ca(OH) <sub>2</sub>	Not mentioned	13/17	Not mentioned	12,53 months

TABLE 1E Presentation of the data collected from the clinical studies on apexification techniques.

Study	Type of study	Cause of open apex	Barrier	One or two visits	Duration of CaOH	Clinical success	Apical closure	Recall Period
De-Deus & Coutinho-Filho, 2007	Case report	Immature tooth	WPC (White Portland Cement) + resorbable collagen sponge	1 visit	-	1/1	1/1	12 months
D'Arcangelo & D'Amario 2007	Case report	Immature teeth	MTA + Absorbable gelatin sponge	2 visits with Ca(OH) <sub>2</sub>	2 weeks	2/2	0/2	12 months
Gaitonde & Bishop 2007	Case report	Immature tooth	MTA	2 visits with Ca(OH) <sub>2</sub>	1 week	1/1	1/1	12 months
Simon et al, 2007	Prospective study	Not mentioned	MTA	1 visit	-	35/43 (81%)	11/43	12 months
Pradhan et al, 2006	Clinical study	Immature teeth	MTA	2 visits with Ca(OH) <sub>2</sub>	1 week	100% 10/10	70% 7/10	Not mentioned
			Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	7+/-2,5 months	100% 10/10	100% 10/10	
Sübay & Kayataş 2006	Case report	Immature tooth	MTA (after surgery, because of no hard tissue barrier)	6 visits with Ca(OH) <sub>2</sub>	6 months	1/1	0/1	12 months
Karp et al, 2006	Case report	Immature tooth	MTA canal obturation	4 visits with Ca(OH) <sub>2</sub> + Ba(OH) <sub>2</sub>	422 days	1/1	0/1	16 months
El-Meligy & Avery DR 2006	Comparative study	Immature teeth	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	12 months	13/15	13/15	12 months
			MTA	2 visits with Ca(OH) <sub>2</sub>	1 week	15/15	Not mentioned	
Ballesio et al, 2006	Case series	Immature tooth	Mineralised tissue barrier	2 visits with Ca(OH) <sub>2</sub>	6 months	15/15	15/15	7-13 years
Ghaziani et al, 2006	Case series	Immature tooth	MTA	2 visits with Ca(OH) <sub>2</sub>	1 week	38/41 92,7%	Not mentioned	6 months
Silberman et al, 2006	Case report	Immature tooth	MTA	3 visits with Ca(OH) <sub>2</sub>	6 months	1/1	0/1	9 months
Dominguez Reyes et al, 2005	Retrospective study	Immature teeth	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	12,19 months	100%	100%	Not mentioned
Kalaskar et al, 2004	Case report	Immature tooth	Mineralised tissue barrier	6 visits with Ca(OH) <sub>2</sub>	6 months	1/1	1/1	6 months
Pai et al, 2004	Case Report	Immature tooth	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	14 months	1/1	1/1	25 months
Jung 2004	Case report	Immature tooth	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	6 months	1/1	1/1	12 months
Hayashi et al, 2004	Case report	Root- end resection	MTA	2 visits with Ca(OH) <sub>2</sub>	2 weeks	2/2	0/2	24 months
Sedgley & Wagner 2003	Case report	Apicectomy	Mineralised tissue barrier	3 visits with Ca(OH) <sub>2</sub>	12 months	1/1	1/1	5 years
Linsuwanont 2003	Case report	Immature teeth	MTA	2 visits with Ca(OH) <sub>2</sub>	8 months	2/2	1/2	12 months
Maroto et al, 2003	Case report	Immature teeth	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	2 years	1/1	1/1	12 months
			MTA			1/1	0/1	
Giuliani et al, 2002	Case report	Immature teeth	MTA	2 visits with Ca(OH) <sub>2</sub>	1 week	3/3	0/3	12 months
Gupta S 1998	Case report	Immature tooth	Mineralised tissue barrier	2 visits with Ca(OH) <sub>2</sub>	Not mentioned	3/3	3/3	Not mentioned
Selden 2002	Case report	Immature tooth	Mineralised tissue barrier	3 visits with Ca(OH) <sub>2</sub>	2 years	1/1	1/1	30 months
Kinirons et al, 2001	Retrospective study	Immature teeth	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	26-52 weeks	107/107	107/107	Not mentioned
Fava 2001	Case report	Apicoectomy	Mineralised tissue barrier	3 visits with Ca(OH) <sub>2</sub>	5 months	1/1	1/1	27 months

TABLE 1F Presentation of the data collected from the clinical studies on apexification techniques.



Study	Type of study	Cause of open apex	Barrier	One or two visits	Duration of CaOH	Clinical success	Apical closure	Recall Period
Kim 1999	Case report	Not mentioned	Mineralised tissue barrier	6 visits with Ca(OH) <sub>2</sub>	18 months	1/1	1/1	6 months
Gentner 1999	Case report	Immature tooth	Mineralised tissue barrier	3 visits with Ca(OH) <sub>2</sub>	10 months	1/1	1/1	Not mentioned
Walia et al, 2000	Retrospective study	Immature tooth	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	Not mentioned	15/15	15/15	24 months
Gupta et al, 1999	Case report	Immature tooth	Mineralised tissue barrier	4 visits with Ca(OH) <sub>2</sub>	7 months	1/1	1/1	Not mentioned
Tarján & Rózsa 1999	Case report	Immature tooth	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	Not mentioned	1/1	1/1	24 months
Yeh et al, 1999	Case report	Immature tooth	Mineralised tissue barrier	3 visits with Ca(OH) <sub>2</sub>	6 months	1/1	1/1	10 months
Cotti et al, 1998	Case report	Root resorption	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	24 months	1/1	1/1	24 months
Calışkan & Türkün 1997	Case report	Immature tooth	Mineralised tissue barrier	4 visits with Ca(OH) <sub>2</sub>	9 months	1/1	1/1	15 months
Parashos 1997	Case report	Apicectomy	Mineralised tissue barrier	2 visits with Ca(OH) <sub>2</sub>	9 months	1/1	1/1	14 months
Harbert 1996	Case report	Immature tooth	Tricalcium phosphate as an apical plug	1 visit without Ca(OH) <sub>2</sub>	-	1/1	1/1	7 years
Holtzman & Lezion 1996	Case report	Immature tooth	Mineralised tissue barrier	3 visits with Ca(OH) <sub>2</sub>	3 months	1/1	1/1	6 months
Gupta & Sharma 1996	Case report	Immature tooth	Mineralised tissue barrier	2 visits with Ca(OH) <sub>2</sub>	18 months	1/1	1/1	Not mentioned
Schumacher & Rutledge 1993	Case report	Immature tooth	Ca(OH) <sub>2</sub> apical plug	1 visit with compensation of Ca(OH) <sub>2</sub> and gutta-percha obturation	-	1/1	0/1	1 year
Ohara & Torabinejad 1992	Case report	Immature tooth	Mineralised tissue barrier	3 visits with Ca(OH) <sub>2</sub>	11 months	1/1	1/1	Not mentioned
Su 1992	Case report	Immature tooth	Mineralised tissue barrier	4 visits with Ca(OH) <sub>2</sub>	15 months	1/1	1/1	4 years
Morfis & Siskos 1991	Clinical study	Immature teeth	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	12-24 months	31/34	30/34	Not mentioned
Yang et al, 1990	Case report	Immature tooth	Mineralised tissue barrier	4 visits with Ca(OH) <sub>2</sub>	12 months	1/1	1/1	18 months
Bal et al, 1989	Comparative study	Not mentioned	Mineralised tissue barrier	4 visits with Ca(OH) <sub>2</sub>	6 months	12/12	9/12	6 months
Morfis & Lentzari, 1989	Case report	Immature tooth	Mineralised tissue barrier	4 visits with Ca(OH) <sub>2</sub>	22 months	1/1	1/1	4 years
Thäter & Marechaux 1988	Follow up study	Immature teeth	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub>	1-24 months	25/34	25/34	1-63 months
Ghose et al, 1987	Clinical study	Immature teeth	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub> (Calasept)	3-10 months	49/51	49/51	Not mentioned
Ferguson et al, 1980	Case report	Immature tooth	Mineralised tissue barrier	3 visits with Ca(OH) <sub>2</sub>	12 months	1/1	1/1	5 months
Piekoff & Trott 1976	Case report	Immature tooth	Mineralised tissue barrier	Multiple visits with Ca(OH) <sub>2</sub> mixed with CPC	4 years	0/1 (fracture during post cementation)	1/1	Not mentioned

TABLE 1 G Presentation of the data collected from the clinical studies on apexification techniques.

were used as artificial barriers [Nosrat et al., 2011; Nayak and Hasan, 2014]. In CH apexification treatment, CH is left into the root canal for several months in order to induce a hard-tissue apical barrier that facilitates proper obturation of root canal and prevents the passage of toxins and bacteria into the periapical tissues [Rafter, 2005]. Histological

analysis showed that this calcified tissue barrier consists of distinct layers. The outer layer seems to be composed of a dense acellular cementum-like tissue, which surrounds a central mix of irregular dense fibrocollagenous connective tissue [Baldassari-Cruz, 1998]. Laboratory observations that detected a decrease in fracture resistance of the root

in which CH remained for a long period [Andreasen et al., 2002;Andreasen et al., 2006] as well as the long duration of CH treatment and the difficulty to monitor patients for several months, might be the reasons that brought about the need for alternative approaches [Torabinejad, 1999]. It is noteworthy that in 59% of the relevant clinical studies, CH remained in the root canal for up to 12 months. Also, in 10% of the studies it remained for more than 24 months.

The frequency, as well as the number of changes of the CH appear to be controversial topics. One placement of the intracanal medicament appeared to be enough for the induction of a hard-tissue apical barrier, [Chawla, 1986; Chosack et al., 1997], whereas other studies claim that there is more to gain from multiple changes of CH, such as quicker induction of the apical bridge [Abbot, 1998; Kinirons et al., 2001]. According to the findings of the present study, 85% of the studies reported two or more replacements of that intracanal medicament. So, it is clear that clinicians preferred changing CH at least two times in order to obtain the desired outcome.

As opposed to long-term CH apexification procedures, apical plug technique with use of artificial barriers could be completed even in one visit. A biomaterial, such as MTA, Biodentine or CEM is placed apically in order to create an artificial seal that facilitates the compaction of gutta-percha on it. Although creation of hard tissue at the apex after the placement of this material is well-documented [Nosrat et al., 2011; Umashetty et al., 2015], the primary goal of this technique is not to create a biological closure of the apex [Rafter, 2005]. This is the reason for the short time that this treatment requires in order to be completed. The treatment can be finished in one visit without the use of an intracanal medicament [Simon et al., 2007; Mente et al., 2009] or in two or more visits with the use of medication [Mente et al., 2009; Alobaid et al., 2014]. About 13% of the studies reported that the treatment was completed in one visit, 75% in two visits and 20% in more than two visits.

In orthograde apical plug technique, CH is used as intracanal medicament for intracanal disinfection. Until now, the available evidence is not sufficient to determine the impact of the use of intracanal medicaments on the clinical outcome of this treatment. Certainly, there are quite a few clinical studies that reported that there is no difference in clinical outcome between one-visit and two-visit root canal treatment of teeth with pulp necrosis and periapical lesion [Weiger et al., 2000; Peters and Wesselink, 2002]. CH was used as intracanal medicament in 95% of the clinical studies related to apical plug apexification procedures; in the majority of them CH was left in the root canal for up to 3 weeks. Longer periods were avoided possibly due to fact that delay of placement of the permanent coronal restoration increases the risk of microleakage and the risk of tooth fracture and prolonged contact of CH with the root dentine possibly affects its biomechanical properties [Heling et al., 2002; Rosenberg et al., 2007].

The main goals of apexification are the resolution

of clinical signs and symptoms of periapical disease, radiographic resolution of periapical lesion and induction of a calcified tissue barrier at the apex. Both apexification procedures present high percentages of clinical success. However, looking at the findings of the present study, CH seems to be correlated with higher percentages of apical closure. This could be considered as an advantage of the long-term apexification as the formation of this apical seal is a biological procedure, which enables the preservation and rehabilitation of the treated teeth. Regarding the lower percentages of apical closure that artificial apical barriers presented in the clinical studies compared with CH apexification, it could be assumed that the follow-up time in some cases of apical plug technique was possibly not enough for the hard tissue to be visible in radiographs. Moreover, there are no studies stating that non-formation of a calcified apical barrier tissue constitutes a problem for the prognosis of the treatment.

## Conclusions

Apexification treatment procedures are changed over time and probably are influenced by observations of relevant laboratory, preclinical and clinical studies. There is a strong tendency towards one-visit apexification with the use of various artificial apical plugs. Both apexification treatments lead to favorable treatment outcomes. The limited follow-up time, could not make explicit the effectiveness of artificial apical plugs regarding the induction of apical closure.

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