

A comprehensive guide to understanding the procedure and its benefits of root canal treatment.

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Introduction

Root canal treatment, also known as endodontic treatment, is a dental procedure that is used to treat infected or damaged teeth. Root canals are the tiny, thin channels in the roots of teeth that contain nerves and blood vessels, which are collectively referred to as the pulp. When the pulp becomes infected or damaged, it can cause significant pain and can even lead to tooth loss. In this article, we will explore what root canal treatment is, why it is needed, and what patients can expect during and after the procedure [1].

Root canal treatment is a dental procedure that is used to remove infected or damaged pulp from the roots of teeth. The procedure involves removing the pulp, cleaning and disinfecting the root canals, and then sealing the canals to prevent further infection. Root canal treatment can be performed on any tooth, but it is most commonly performed on molars, which are the large teeth in the back of the mouth.

Root canal treatment is needed when the pulp inside a tooth becomes infected or damaged. This can happen for a variety of reasons, including deep decay, repeated dental procedures on the same tooth, a crack or chip in the tooth, or trauma to the tooth. If the infection or damage is left untreated, it can lead to significant pain, swelling, and even tooth loss. Root canal treatment is designed to remove the infected or damaged pulp and save the tooth from further damage [2].

Root canal treatment typically takes two or more appointments to complete, depending on the severity of the infection or damage. During the first appointment, the dentist will numb the tooth and surrounding area with a local anaesthetic. Once the tooth is numb, the dentist will make a small hole in the top of the tooth and use small instruments to remove the infected or damaged pulp from the root canals. The root canals are then cleaned and disinfected to remove any remaining bacteria. After the root canals have been cleaned and disinfected, the dentist will fill the canals with a rubber-like material called gutta-percha. This material seals the canals and prevents further infection. In some cases, the dentist may place a temporary filling in the tooth to protect it until the final restoration can be completed.

During the final appointment, the dentist will place a permanent restoration, such as a crown or filling, on the tooth to protect it and restore its function. The final restoration may be placed on the same day as the root canal treatment, or it may be placed at a later appointment [3].

After root canal treatment, patients may experience some mild pain or sensitivity for a few days. This can usually be managed with over-the-counter pain relievers, such as ibuprofen or acetaminophen. Patients should avoid chewing on the affected tooth until the final restoration is placed, as the tooth may be weakened and more susceptible to damage. With proper care and maintenance, a tooth that has had root canal treatment can last a lifetime. Patients should continue to practice good oral hygiene, including brushing twice a day, flossing daily, and visiting the dentist regularly for check-ups and cleanings [4].

Root canal treatment is a safe and effective way to treat infected or damaged teeth and save them from further damage or loss. While the procedure may seem daunting, modern techniques and materials have made root canal treatment much more comfortable and successful than in the past. If you are experiencing tooth pain or sensitivity, talk to your dentist about whether root canal treatment may be a good option for you. With the right care and treatment, you can enjoy a healthy, pain-free smile for years to come [5].

References

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