Root Canal: Don’t Be Scared

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It Hurts, Doesn’t It?

I’ve often seen people talking about the Dental Pain. As the saying goes- “some tortures are physical, some are mental, but the one that is both, is Dental.”(Mind it, we, as dentists; also get tortured because of all these myths). We see so many people posting about how dreadful and unpleasant a dental treatment is and how ruthless we are. And then comes a moment, where we tell the patient that he/she needs a ROOT CANAL TREATMENT...... and BAMM!! You can literally see their world collapsing and their time coming to a standstill.

Have you ever seen people getting scared of visiting a Physician or an orthopaedician or any doctor for any other type of pain? People, in fact, look forward to their visit because they want to get themselves healed before the worst comes. Like they say- “Prevention is better than cure.” Well, if people apply the same to their teeth, we will soon have the happiest smiles all around us.

So, what is a Root Canal Treatment? Or RCT? Or Endodontic Treatment? Like others, I can give you 10 Reasons not to be scared of Root Canal Treatment. But, no overpromising, just one basic reason- IT WILL HEAL YOUR TOOTH AND YOUR BODY.

A root canal, in actuality; does more good than harm. First let me tell you that when do you need a RCT. In simplest terms, When the cavity in your tooth reaches the innermost part (called the pulp) which has all the nerves and blood vessels, that is the point where we cannot restore the tooth by a simple filling and hence, a root canal treatment is required. It removes the infected pulp of a tooth; thereby, restoring its health and saving it from extraction. There are currently modern techniques and tools that make a root canal therapy a painless and comfortable procedure for every patient. The procedure starts with administration of local anesthesia, which is also not painful; with the newly developed techniques, following which a hole is drilled in the infected tooth to reach till the pulp and the canals (which extend till the roots of the teeth, hence the treatment name). After this, the canals are cleaned with some specialized instruments and irrigated to remove any remaining debris, following which the filling is done. The entire process can take one, two or three sittings depending on the condition of the pulp, tooth structure and a number of other factors. Anesthesia is not required in all the sittings. After the root canal treatment, a crown is required to restore its chewing efficiency. Getting a dental check-up done is always recommended after every 6 months for general cleaning and to restore the cavities.

In a nutshell, getting a Root Canal Treatment done will relieve you of the dreading toothache, thereby giving you back your peaceful nights! If you have to undergo a RCT, please go and get it done as delaying it will only increase the infection. And for the lucky ones, keep brushing twice daily because “You brush at night to keep your teeth and you brush in the morning to keep your friends.”

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