

Understanding Endodontics



What is a Root Canal?



A root canal is a dental procedure used to treat infection or damage deep inside the tooth. It involves removing the infected or damaged tissue (pulp) from the inside of the tooth, cleaning and disinfecting the root canals, and then filling and sealing them to prevent further infection. MicroEndodontics is like a superhero team-up of high-tech tools and

techniques, all focused on one mission: to save your tooth with precision and care. Let's dive into this world and see how it's changing the way we think about root canals.

Signs You Might Need a Root Canal:

- **Severe Tooth Pain:** Persistent or intense tooth pain, especially when biting or applying pressure, can indicate the need for a root canal.
- **Sensitivity:** Increased sensitivity to hot or cold temperatures, even after the stimuli have been removed.
- **Swelling:** Swelling around the tooth or in the gums may indicate infection.
- **Discoloration:** Darkening of the tooth, which may indicate the death of the pulp inside.

The Importance of Early Intervention:

Early intervention is crucial to prevent the spread of infection and preserve the tooth. Ignoring symptoms or delaying treatment can lead to further complications, such as abscess formation or even tooth loss.

Modern Techniques in Endodontics:

- **Dental Operating Microscopes:** Enhanced visualization allows for more precise diagnosis and treatment.
- **Ultrasonic Instrumentation:** Ultrasonic instruments help clean and shape the root canals with greater accuracy.
- **Three-Dimensional Obturation:** Advanced techniques ensure complete filling of the root canal space, improving treatment outcomes.

Pain Management During Endodontic Treatment:

Endodontists use local anesthesia to numb the affected area during root canal treatment, ensuring that patients remain comfortable

throughout the procedure. In some cases, sedation options may also be available for anxious patients.

Post-Treatment Care:

After a root canal, it's important to follow your dentist's instructions for post-treatment care, which may include avoiding hard or sticky foods, taking prescribed medications, and attending follow-up appointments to monitor healing.

Alternative Treatments to Root Canals:

While root canals are often the preferred treatment for saving a damaged or infected tooth, alternative options may include tooth extraction followed by replacement with a dental implant, bridge, or removable prosthesis. However, these options may not always provide the same level of function or aesthetics as a natural tooth.



The Role of Endodontics in Overall Health:

Endodontic health is closely linked to overall health. Untreated dental infections can contribute to systemic health problems, including cardiovascular disease and diabetes. By preserving natural teeth through endodontic treatment, patients can maintain proper chewing function and oral health, which in turn supports overall well-being.

Frequently Asked Questions regarding Root Canal:

- Is a root canal painful? Modern techniques and anesthesia ensure that root canal treatment is relatively painless.
- How long does a root canal take? The length of the procedure depends on the complexity of the case but typically ranges from one to three appointments.
- Will I need a crown after a root canal? In most cases, a crown is recommended to protect and strengthen the tooth after root canal treatment.

Endodontics plays a vital role in preserving natural teeth and maintaining overall oral health. If you experience any symptoms of tooth infection or damage, it's essential to seek prompt evaluation and treatment from a qualified endodontist.



Dr Santhini John
Dentist - Dental General Practitioner
BDS



Dr Sudeep Thomas
Specialist Dentistry and Orthodontics
BDS, MDS, FAGE



Dr Anurag Singh
Specialist Oral and Maxillofacial Surgeon
(Visiting), BDS, MDS, FICOI



Dr Rohit Alapuzha Mihir
Specialist Endodontist
MDS in Conservative Dentistry & Endodontics



Dr Zulfa Mannaa
Dentist - Dental General Practitioner
BDS

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RAMADAN HEALTHY RECIPE # 1

Matcha Lemonade

A low-calorie drink to brighten up your day. Also as a healthy 'Lata' in Sugar Ramadan drink.

INGREDIENTS: (1 Serving)

- 2 Drops Liquid Stevia
- 1 Cup of Cold Water
- 1 Lemon
- 1/2 tsp Matcha

HOW TO MAKE

- Squeeze the juice from the lemon and add the stevia drops and water.
- Add matcha and stir to dissolve.
- Garnish with lemon slices and ice as desired.

17 CALORIES | 9g CARBS | 5.06g FIBRE | 1g FAT

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RAMADAN HEALTHY RECIPE # 2

Salmon Patties

Sugar Free, low cholesterol dish for Ifar or Suhoor

INGREDIENTS: (4 Serving)

- 1/4 cup mayonnaise
- 1 dash salt
- 1 dash black pepper
- 1/4 cup oil (for fry)
- 1/8 cup onion powder
- 1 large egg white
- 1/2 cup butter
- 20 g bread crumbs (unsweetened)
- 70 g wild caught pink salmon

HOW TO MAKE

- Blend the salmon and add mayonnaise.
- Add the remaining ingredients except butter and half of bread crumbs. Stir until combined.
- Divide into 4 portions, ball the balls, and roll in the remaining bread crumbs.
- Press lightly and fry in hot oil pan. Flipging once until brown on both sides.

302 CALORIES | 24.1g CARBS | 11.7g FIBRE | 23.7g FAT

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Clinical talk on Total Hip Arthroplasty through the direct anterior approach.

RAK hospital invited David M. Ott, MD who is a board-certified orthopedic surgeon for a clinical talk on total hip arthroplasty through the direct anterior approach. The event showcased the utilization of the direct anterior approach, providing valuable insights into innovative surgical techniques in orthopedics.



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News

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