

Root Canal Treatment in Preserving Oral Health and Relieving Pain

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DESCRIPTION

Root canal treatment—the mere mention of these words can send shivers down the spine of even the bravest souls. It's often associated with excruciating pain, lengthy procedures and a passed down through generations. This study discusses into the depths of this dental treatment to separate fact from fiction.

Understanding the basics

Contrary to popular belief, it's not a torture session devised by dentists to inflict agony upon unsuspecting patients. In fact, it's a procedure aimed at saving a severely infected or damaged tooth.

Within each tooth lies a pulp chamber, housing nerves, blood vessels and connective tissues. When this pulp becomes infected due to deep decay, cracks or trauma, it can lead to severe pain, swelling and even abscesses if left untreated. This is where root canal treatment comes into play.

During a root canal procedure, the infected or inflamed pulp is removed and the inside of the tooth is carefully cleaned and disinfected. Once the area is thoroughly cleaned, it is filled and sealed with a biocompatible material, preventing further infection and restoring the tooth's function.

Root canals: This is perhaps the most widespread myth associated with root canals. In reality, advancements in anesthesia and techniques have made the procedure relatively painless. Patients may experience some discomfort during the recovery period, but the procedure itself is not as dreadful as often portrayed.

Root canals take forever: While root canal treatments may take longer than a simple filling, they are typically completed in one to three visits, depending on the complexity of the case. With modern technology and efficient dental practices, the procedure is much quicker than it used to be.

Root canals cause illness: There's a long-debunked myth suggesting that root canals can lead to systemic illnesses such as

heart disease or arthritis. However, there is no scientific evidence to support this claim. In fact, root canal treatment is a safe and effective way to preserve a natural tooth and maintain overall oral health.

Extract the tooth: Some people believe that extracting a tooth is a preferable alternative to undergoing a root canal. However, tooth extraction can lead to a host of other problems, including misalignment of surrounding teeth, difficulty chewing and bone loss. Whenever possible, preserving the natural tooth through root canal treatment is usually the best option.

The benefits of root canal treatment

Despite its intimidating reputation, root canal treatment offers several benefits:

Pain relief: By removing the infected pulp, root canal treatment alleviates the severe pain associated with tooth infections.

Preservation of natural tooth: Unlike tooth extraction, which leaves a gap in the smile, root canal treatment allows patients to retain their natural tooth structure.

Improved oral health: Root canal treatment helps prevent the spread of infection to other teeth and reduces the risk of more serious dental problems down the line.

Restored functionality: Following root canal treatment and restoration with a crown or filling, the treated tooth can function normally for years to come.

CONCLUSION

Root canal treatment may have garnered a reputation as a dreaded dental procedure, but in reality, it is a valuable tool in preserving oral health and relieving pain. With advancements in technology and techniques, root canal procedures are more comfortable and efficient than ever before. So, if you find yourself facing the prospect of a root canal, rest assured that it's not as scary as it seems and the benefits far outweigh the myths.

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Received: 27-May-2024, Manuscript No. AEDJ-24-30986; **Editor assigned:** 31-May-2024, PreQC No. AEDJ-24-30986 (PQ); **Reviewed:** 14-Jun-2024, QC No. AEDJ-24-30986; **Revised:** 21-Jun-2024, Manuscript No. AEDJ-24-30986 (R); **Published:** 28-Jun-2024, DOI: 10.35248/0976-156X.24.16.283

Citation: Girotto C (2024) Root Canal Treatment in Preserving Oral Health and Relieving Pain. Ann Essence Dent. 16:283.

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