

trauma to the tooth or because of a deep cavity. This results in infection that may lead to an abscess at the base of the tooth.

What are the Typical Signs and Symptoms?

- Throbbing pain in the tooth
- Swelling in the jaw
- The tooth may be painful to chew on
- Pain on consuming hot and/or cold foods
- Teeth that are severely worn out

Know about Root Canal Procedure:

- Your treatment may take one or more visits, where the nerve of the offending tooth is removed and the root canal is subsequently filled.
- The procedure may be done under local anaesthesia.
- Your Dentist may take x-rays to ensure that the full length of your root canal is treated.
- If your roots are unusually shaped or there are other complications, you may need to have apical surgery (Apicoectomy) as advised by your Dentist.
- After the Root Canal, a core filling is done and the tooth may subsequently be protected with a cap.

CARE WHILE ROOT CANAL TREATMENT IS GOING ON

- Take medication as prescribed.
- Do not eat anything hard on the offending tooth.
- Avoid any heat fermentation on the outside.
- Once the inside of your tooth is treated the outside is usually protected by a crown.
- Now your tooth should function and feel like your other teeth.



YOUR GUIDE TO DENTAL & ORAL CARE



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CORRECT METHOD OF BRUSHING

Step 1

- Hold the brush at a 45 degree angle against the gumline, use short back & forth strokes & sweep or roll the brush away from gumline
- Do not scrub or use a lot of pressure

Step 2

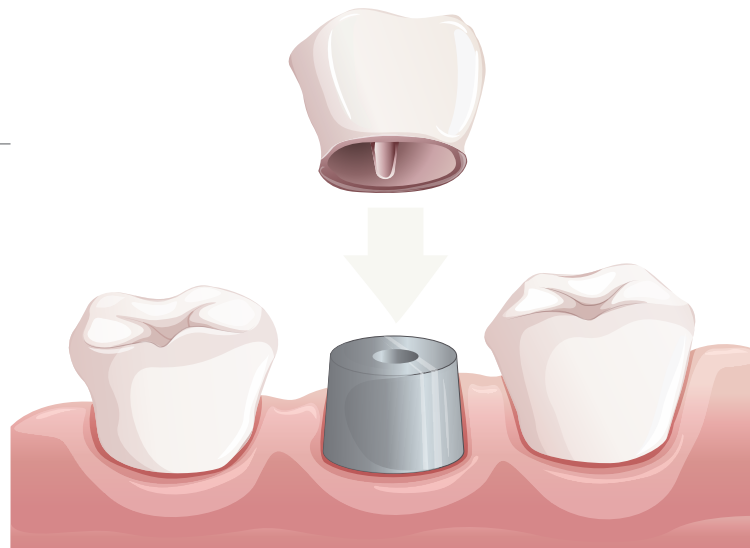
- Brush the inner surface of the back teeth, use short back & forth strokes and sweep or roll the brush away from gumline

Step 3

- Turn the brush and use the tip to clean the front inner surface of the upper & lower front teeth

Step 4

- Clean the chewing surfaces using a scrubbing motion
- Brush your tongue
- Rinse well



CROWN AND BRIDGE

When a tooth is chipped, broken or removed, it is important to protect it or replace it in order to maintain a good bite, stable health of the adjacent teeth and good aesthetics.

Crown & Bridge Restoration - Why is it needed?

Teeth work together. When one teeth is broken, fractured or missing, this can damage the remaining teeth and surrounding tissues as explained below:

- Remaining teeth shift or migrate, leading to improper chewing and eventual joint pain.
- Shifting of teeth can lead to decay and gum infection.
- Poor aesthetics.

Crown and bridge restorations should be done to repair teeth and replace missing teeth and thus maintain a healthy, attractive mouth.

What is the importance of Crown & Bridges?

Crown: A crown is a cap that covers the entire tooth to restore it to proper function and aesthetics. It can be made of acrylic, metal, ceramic or zirconia. To fit a crown the tooth needs to be shaped. Crowns are either cemented or bonded onto the teeth.

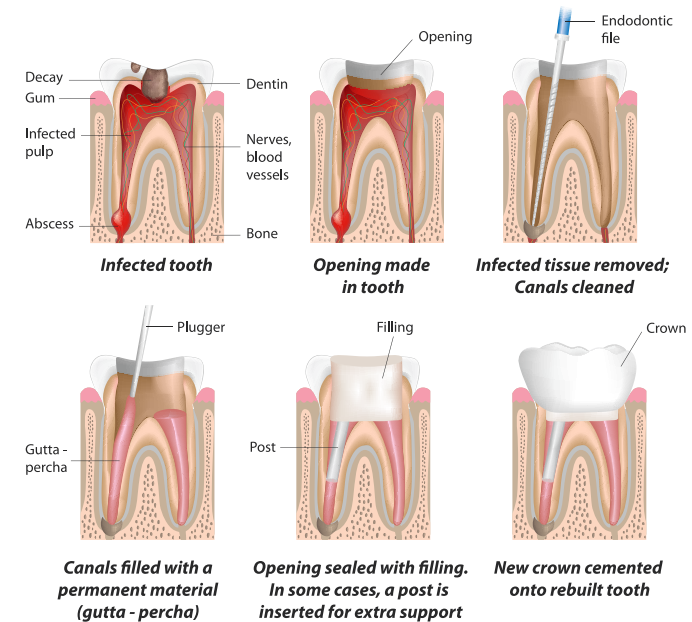
Bridge: A bridge replaces one or more missing teeth. The teeth adjacent to the missing teeth are crowned and an artificial

tooth bridges the gap. Depending on the position and number of the missing teeth, the number of supporting teeth will vary.

Temporary Bridge: A permanent bridge can take between 2-10 days to be made. In the interim, a temporary bridge is sometimes placed, to facilitate chewing and maintain aesthetics. The temporary bridge is cemented with temporary cement.

CARE FOR YOUR CROWN & BRIDGE AFTER RESTORATION

- Once you are happy with your restoration, remember to look after it well.
- Brush and floss as you regularly do.
- Regular check-ups ensure you get the best out of your restoration.



ROOT CANAL THERAPY

In the past, a badly infected, painful teeth had to be extracted. Today majority of these teeth can be saved by a special dental procedure called Root Canal Therapy.

When is a Root Canal needed?

A Root Canal treatment is needed when a tooth's nerve and associated blood vessels are irreversibly damaged either by