

ROOT CANAL TREATMENT: MYTHS, REALITY, AND SIMPLE TIPS FOR A SMOOTH RECOVERY

When people hear the term *root canal treatment*, it often triggers fear and anxiety due to the misconception that the procedure is painful. In reality, modern root canal treatment (RCT) is a safe, effective, and relatively painless procedure that helps save natural teeth and prevent further damage.

RCT is usually completed in two to three sessions over one to two weeks. It is performed under local anaesthesia, ensuring a comfortable and pain-free experience. Once the anaesthesia wears off, mild discomfort may occur, which can be easily managed with prescribed medications.

The Healing Phase: What Comes Next?

Recovery after a root canal varies depending on factors such as age, oral hygiene, and the extent of infection. With proper care, healing is generally smooth and uneventful.

Smart Steps for a Smooth Recovery

- Have a wholesome meal before your appointment, as you'll need to wait until the numbness subsides before eating again. Adequate rest is essential for healing, as it helps reduce discomfort and supports faster recovery.
- Follow a soft diet for a few days, including foods like khichdi, curd, soups, and mashed vegetables. Avoid spicy, hard, or crunchy foods that may irritate the treated tooth.
- Cold foods like plain ice cream can help soothe inflammation, provided they do not contain nuts or hard pieces.
- Avoid habits such as smoking, tobacco use, and alcohol, as these can delay healing and increase the risk of complications.

Precautions to Keep in Mind

Avoid drinking through a straw, consuming very hot beverages, or eating sticky foods like chewing gum. Strenuous physical activities should also be avoided for a few days, as they may increase discomfort. Light activities such as walking are recommended.

When to See Your Dentist

Mild discomfort is normal after RCT. However, persistent pain, swelling, or unusual symptoms should be evaluated promptly by your dentist.

A Healthier Smile Ahead

Root canal treatment is a reliable way to relieve pain and preserve your natural tooth. With proper care and good oral hygiene, patients can expect a smooth recovery and long-term success.

