



SAUDI
ENDODONTIC SOCIETY
الجمعية السعودية
لعلاج جذور و اعصاب الاسنان

Don't Ignore the Signs, You Might Need an Endodontist !

"Your quick guide to understanding when to visit an Endodontist and why early intervention matters."

This educational brochure is part of a collaborative initiative between the Endodontic Division at the College of Dentistry, Princess Nourah bint Abdulrahman University, and the Saudi Endodontic Society

► What Your Tooth Might Be Trying to Tell You

A tooth may show changes like sensitivity, discoloration, or discomfort. An endodontist treats these issues to help save your natural tooth.

POSSIBLE CAUSES

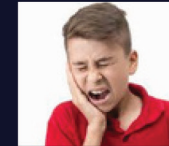
-  Deep decay that reaches the nerve
-  Trauma or injury
-  Cracks or fractures in the tooth
-  Large or repeated dental procedures on the same tooth
-  Wear and tear over time
-  Teeth grinding (bruxism)
-  Old, leaking fillings
-  Untreated gum disease

► Common Causes of Pulp Damage

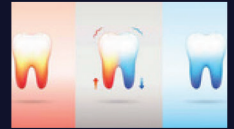
► How an Endodontist Helps Save Your Tooth

An endodontist is a dentist with advanced training in root canal treatment. They use specialized tools and expertise to diagnose and treat problems inside the tooth, helping make treatment more comfortable and improving long-term results.

► Signs You May Need a Root Canal :



- Persistent Tooth Pain: Constant or recurring pain.



- Hot/Cold Sensitivity: Pain that lingers after temperature changes.



- Gum Pimple: A small bump that may release pus.



- Tooth Discoloration: Tooth appears darker than others.



- Chipped/Cracked Tooth: Injury may inflame the pulp.



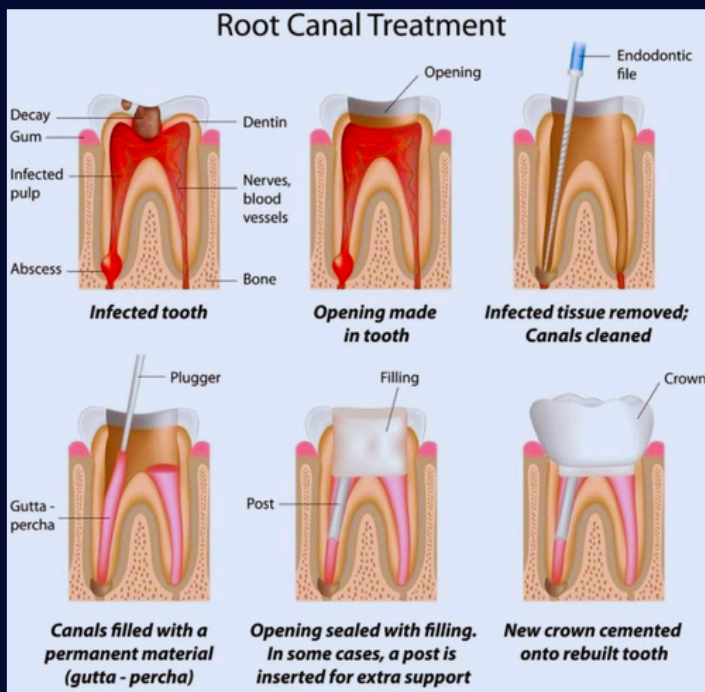
- Pain on Biting: Sensitivity to pressure or chewing.



- Facial Swelling

► What is a Root Canal Treatment?

A root canal treatment is a procedure to remove the inflamed or infected pulp, carefully clean and disinfect the inside of the tooth, then fill and seal it.



► A step-by-step look at how your tooth is cleaned, filled, and protected during root canal therapy.

► What to Expect During Your Visit

An endodontist will usually:

- Take X-rays.
- Performs gentle tests to identify the exact problem.
- Perform root canal treatment.
- Give you instructions to help the tooth heal.

The treatment is usually painless because of modern anesthesia.

► Do's and Don'ts After a Root Canal

DO'S AND DON'TS AFTER A ROOT CANAL

DO	DON'T
 Keep the area clean Brush gently and maintain good oral hygiene	 Bite hard or sticky foods Avoid nuts, ice, or chewing on the treated side
 Follow your dentist's instructions Take prescribed medication and follow care steps	 Delay the permanent restoration Waiting too long increases the chance of the tooth breaking
 Get the final crown on time It protects the tooth and prevents future fractures	 Ignore swelling or severe pain Contact your dentist if something feels wrong

► What Happens if Root Canal Problems Are Ignored?

If a root canal problem is left untreated, the infection can spread and cause pain, swelling, bone loss, or an abscess. In severe cases, the tooth may fracture or require extraction, and treatment becomes more complicated.

► Why Saving Your Natural Tooth Is So Important

- Keeps your natural bite strength
- Preserves your natural smile
- Prevents nearby teeth from shifting
- Avoids complex treatments like implants
- Helps maintain a healthy jawbone

► How can you support healing!

How can I support healing?

Good care helps with root canal recovery. These simple steps can support your healing and help you avoid complications:

- Avoid smoking — it can slow healing.
- Brush after meals and floss once a day.
- Use an analgesic in case of pain and follow the endodontist's instructions.
- Place the permanent restoration as soon as possible after the root canal treatment.