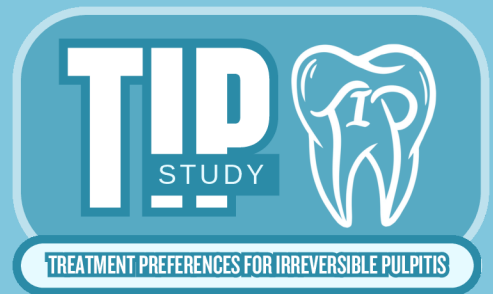


What is Severe Pulpitis?

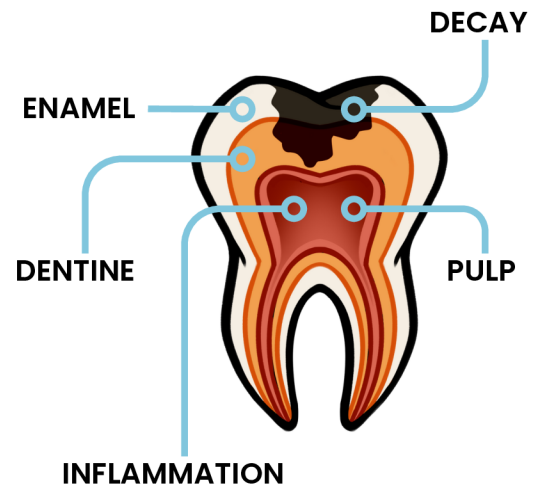


What is this leaflet about?

This leaflet will help you decide about treatments for severe toothache – also known as Severe Pulpitis.

What is Severe Pulpitis?

Severe Pulpitis is a form of severe toothache which can be very painful but is not life-threatening. When the nerve of the tooth gets inflamed (e.g. dental cavity/trauma/previous deep filling), it causes the pain and symptoms you may be experiencing. This is called Severe or Irreversible Pulpitis.



What are the symptoms?

You may experience in your mouth:

- Intense pain that is difficult to pinpoint to one tooth
- Throbbing (feels like heartbeat)
- Pain worse with cold / hot
- Pain worse when lying down
- Painkillers not helping

Do I need treatment?

If you experience symptoms, we strongly recommend seeking dental support with your local dentist or dental emergency/NHS 24 to prevent any further complication (dental abscess, tooth loss, further toothache). You can take non-steroidal anti-inflammatory drugs (like ibuprofen) if it's safe for you, or paracetamol as an alternative. Be sure to follow the recommended doses.

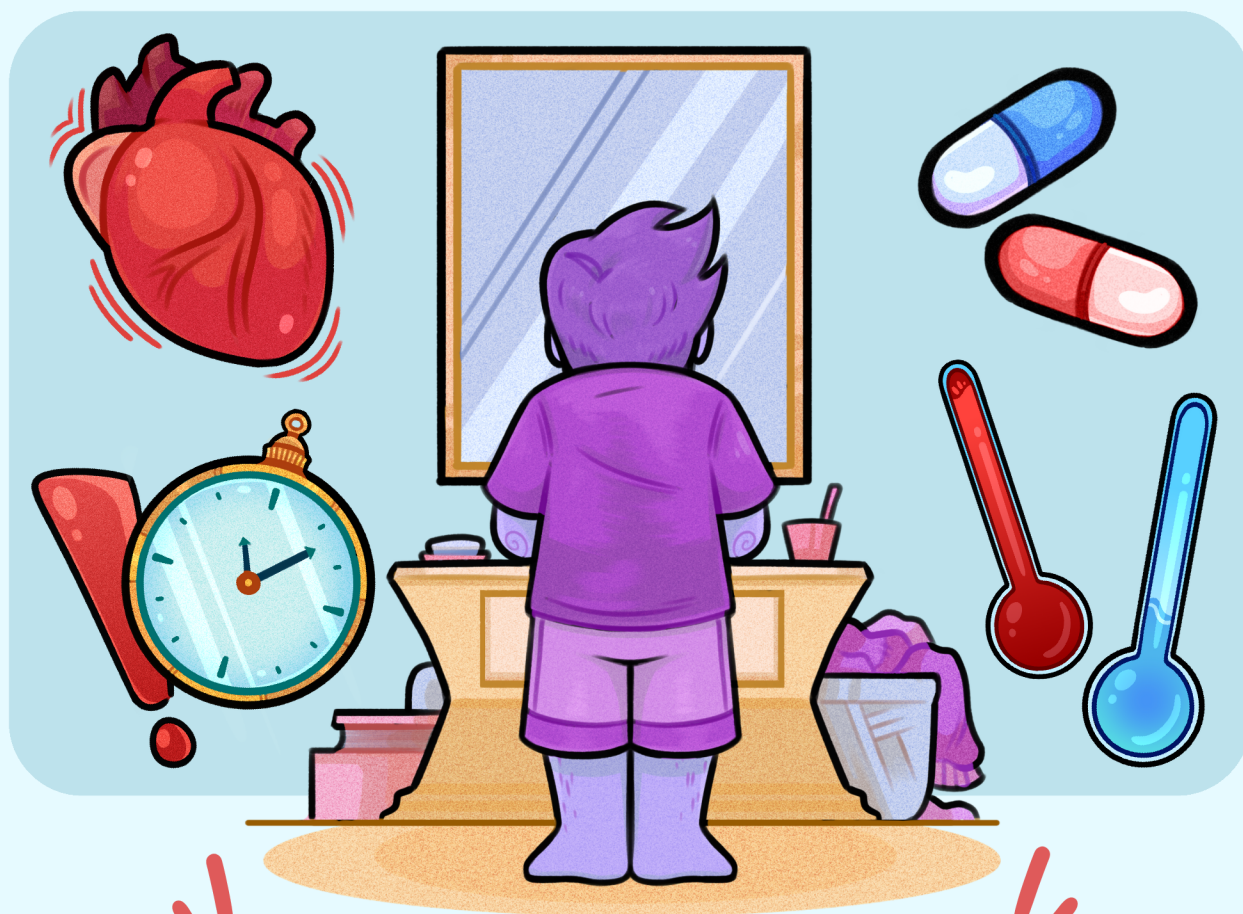
Treatment options (depending on the tooth condition):

Do nothing – you can always choose not to have treatment

Tooth removal

Pulpotomy

Root Canal Treatment

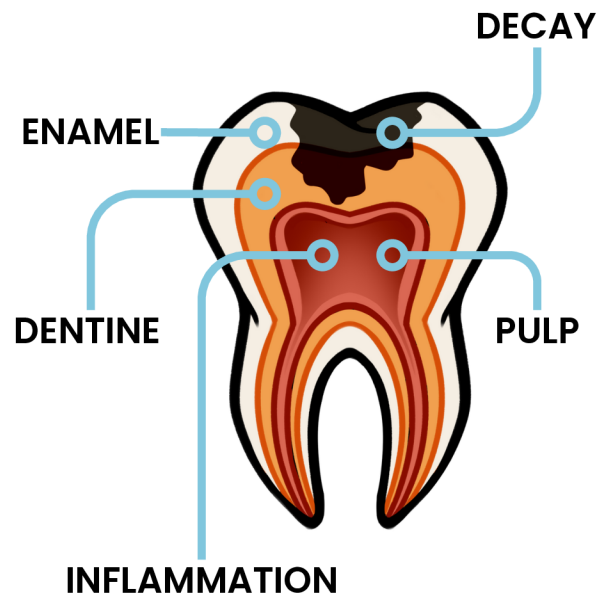


THINK PAIN

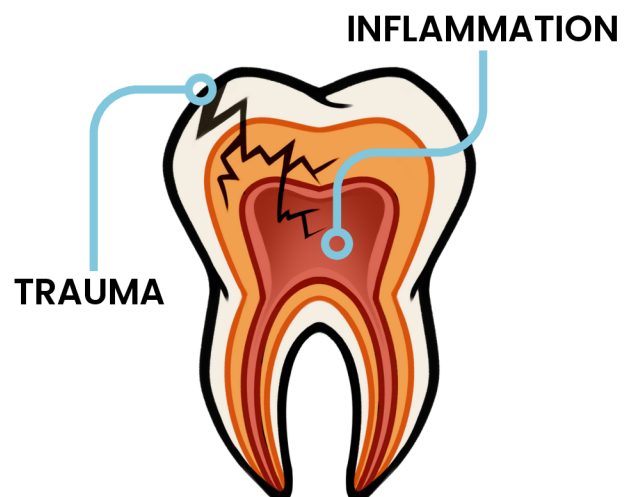
PULSING PAIN (HEARTBEAT IN TOOTH)
ACUTE (LESS THAN 24 HOURS)
INTENSE WITH HOT AND COLD
NOT RELIEVED WITH PAINKILLERS

What is causing Severe Pulpitis?

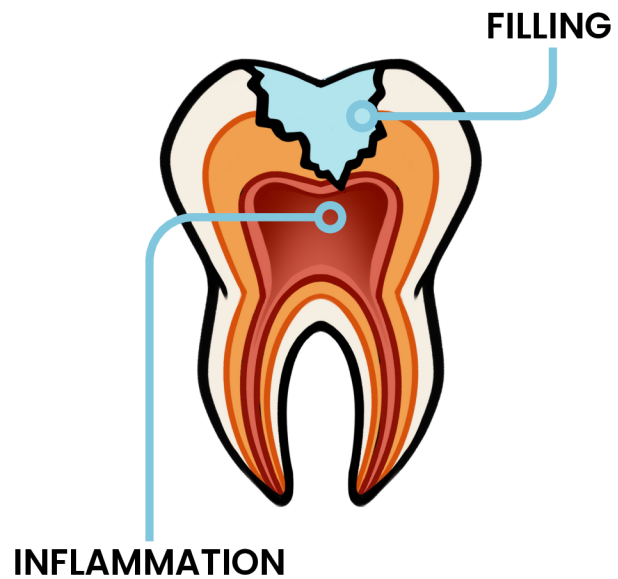
Tooth decay is often caused by having too much sugary food and drink and not cleaning your teeth and gums. Tooth decay may not cause any symptoms at first, but if it gets worse it can lead to problems, such as a hole forming in the tooth (dental cavity). Deep dental cavities can lead to toothache when eating cold or sweet food and can lead to severe toothache when the nerve of the tooth is inflamed, which is called "Irreversible Pulpitis" or "Severe Pulpitis".



Dental trauma is when your teeth, gums, or mouth get hurt. This can happen if you fall, get hit while playing sports, or have an accident. This injury can also cause the dental nerve to get inflamed, leading to Severe Pulpitis. Dental trauma is more often associated with front teeth.

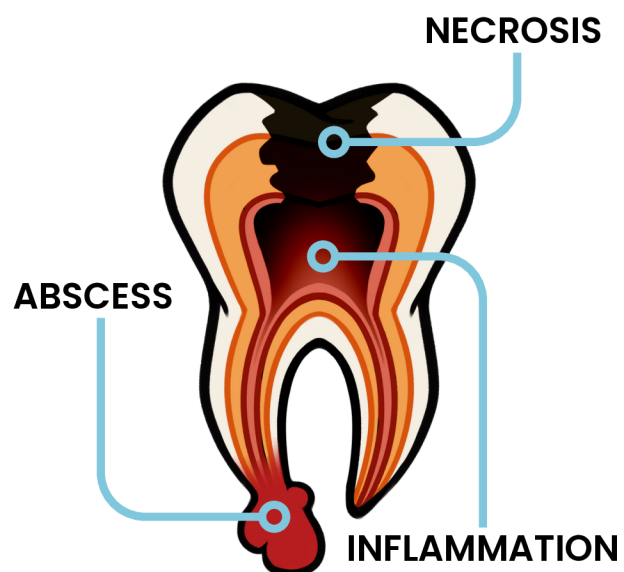


Previous deep filling: After a deep filling, the tooth's nerve can sometimes get irritated or inflamed because the filling is close to it. Sometimes, the irritation settles down on its own, but other times it can get worse and lead to Severe Pulpitis. An old filling can also cause problems if it doesn't fit tightly anymore. When this happens, decay can form underneath the filling, and this can also lead to Severe Pulpitis.

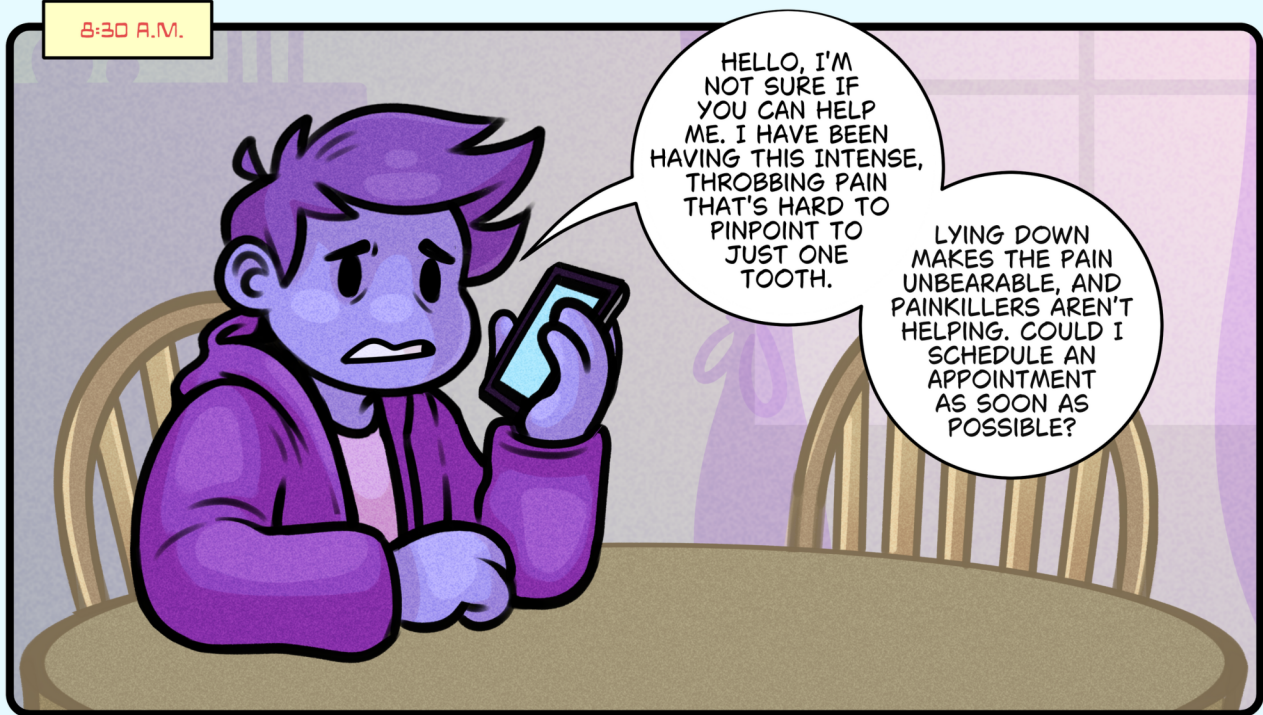


What happens next with Severe Pulpitis?

Doing nothing: If you have Severe Pulpitis and don't go to the dentist, the nerve inside your tooth might die. This is called dental pulp necrosis (necrosis is when cells and tissues die). At first, the pain might go away, but then the tooth can get infected and form an abscess. This can cause more serious problems if you don't get a root canal treatment or have the tooth taken out.



8:30 A.M.



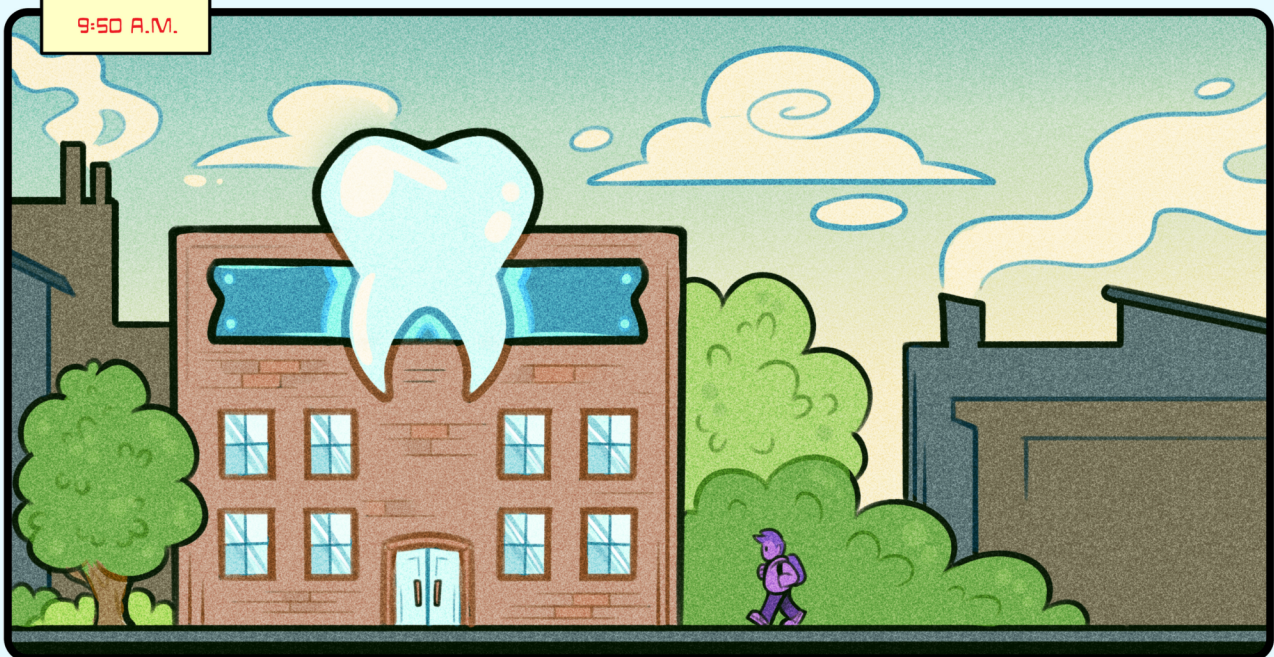
THAT SOUNDS VERY UNCOMFORTABLE. I'M SORRY YOU'RE FEELING SO POORLY!

YOU ABSOLUTELY DID THE RIGHT THING BY CALLING—THIS DEFINITELY SOUNDS LIKE SOMETHING A DENTIST SHOULD HELP YOU WITH.

WOULD AN APPOINTMENT AT 10:00 A.M. SUIT YOU?



9:50 A.M.



Treatment options for Severe Pulpitis

Do nothing – you can always choose not to have treatment

Benefits:

- You would not receive active treatment

Risks:

- Once the nerve dies, the dead tissue inside the tooth can become infected
- An untreated infection may spread, leading to swelling, pain, and potentially serious complications like an abscess
- Infections can sometimes lead to tooth loss if left untreated
- The tooth may not be able to be saved, or treatment options may be limited, if you decide to have treatment later

What next ?

After a few days, the pain from Severe Pulpitis may lessen or stop altogether. This happens because the nerve inside the tooth has died. However, it's important to understand that without treatment, the tooth can develop an infection. Even if the pain goes away, it's important to seek treatment from a dentist. Options like a root canal treatment or tooth extraction can prevent future problems and protect your health.

Tooth Removal

Benefits:

- Removes the source of pain

Risks:

- Some pain after the procedure
- Some slight bleeding from the tooth socket
- Some swelling and bruising
- Sometimes stitches are used which will usually fall out by themselves in 2 to 4 weeks

What next ?

If you opt for a tooth removal following a discussion with your dentist, the aftercare is important to make sure the tooth socket heals without complications. Your dentist will be able to explain this in more detail.

One downside of removing the tooth is that it leaves a gap. This may affect how you eat, drink, or speak. It's a good idea to talk with your dentist about options to replace the missing tooth, like dentures, bridges, or implants.

Root Canal Treatment

Benefits:

- Relieves pain and prevents further damage or infection
- Saves the tooth



Risks:

- **During treatment**, there can be several challenges such as difficulty in locating and cleaning the root canals, accidental drilling through the tooth, and breaking of instruments. If a broken instrument cannot be removed, it may remain in the canal or require additional treatment later.
- **In the short-term**, you may experience pain and soreness after treatment. In some cases, the treatment may not always work.
- **In the long-term**, the treatment may fail (infection develops) and the tooth or root may break



What next ?

This procedure may take one or two visits. Your dentist may schedule a follow-up appointment to check on your progress and ensure the tooth is healing well. After the root canal treatment, the tooth is often weaker. To protect it, your dentist may recommend placing a crown or a filling to restore the tooth's strength and function. If the treatment fails, further root canal treatment or tooth removal may be required.

Full Pulpotomy

Benefits:

- Relieves pain and prevents further damage or infection
- Saves the tooth
- Keeps the healthy part of the nerve intact



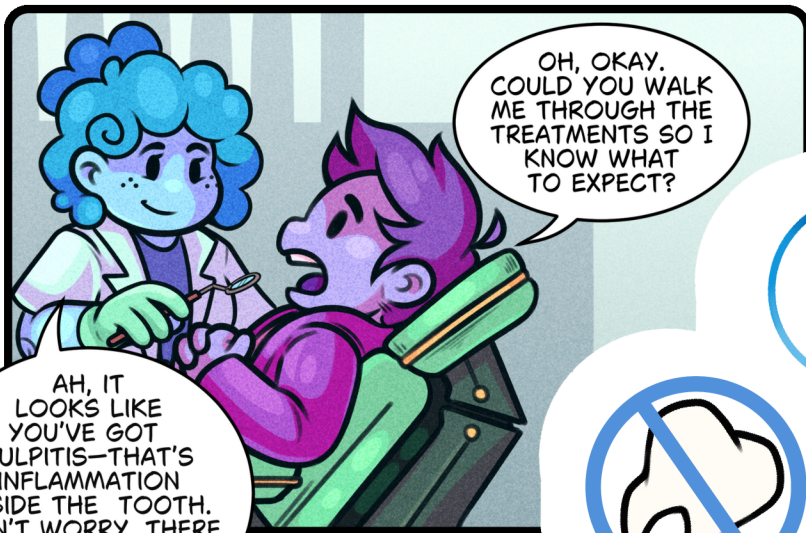
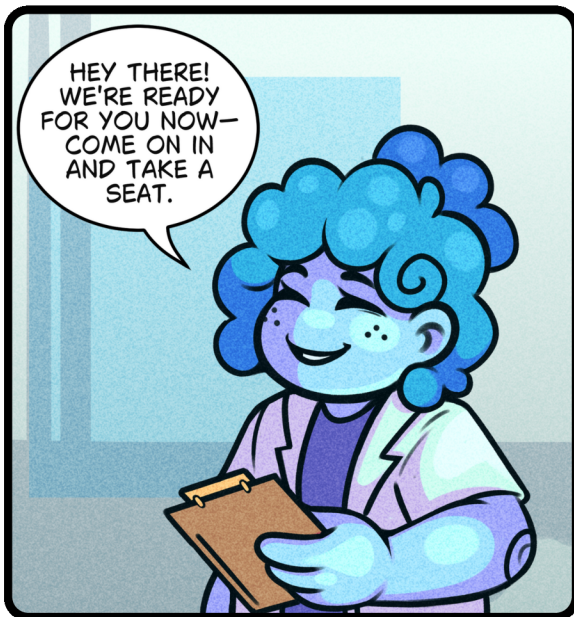
Risks:

- **During treatment**, the nerve may be too inflamed for the procedure to be successful. The dentist would then inform you the tooth requires a root canal treatment.
- **In the short-term**, you may experience pain and soreness after treatment. In some cases, the treatment may not always work.
- **In the long-term**, the treatment may fail (infection develops) and the tooth or root may break

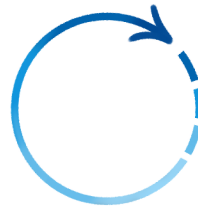


What next ?

This procedure usually takes one visit. Your dentist may schedule a follow-up appointment to check on your progress and ensure the tooth is healing well. After the pulpotomy, the tooth is often weaker. To protect it, your dentist may recommend placing a crown or a filling to restore the tooth's strength and function. If the treatment fails, root canal treatment or tooth removal may be required.



AH, IT
LOOKS LIKE
YOU'VE GOT
PULPITIS—THAT'S
INFLAMMATION
INSIDE THE TOOTH.
DON'T WORRY, THERE
ARE PLENTY OF
TREATMENT
OPTIONS.

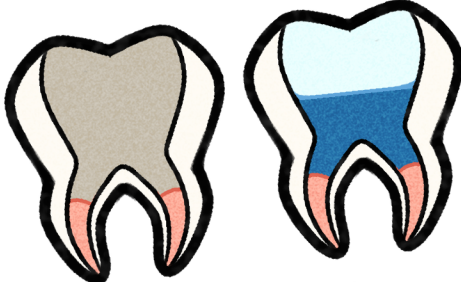


YOU CAN DO
NOTHING, BUT IF
THE PAIN STOPS, IT
MEANS THE TOOTH'S
NERVE HAS DIED...

HOWEVER,
WITHOUT TREATMENT,
AN INFECTION COULD
DEVELOP. A ROOT CANAL
OR EXTRACTION CAN
PREVENT FUTURE
ISSUES.

IF YOU CHOOSE
TO REMOVE THE TOOTH,
PROPER AFTERCARE IS KEY TO
HEALING. REMOVAL LEAVES A
GAP, WHICH CAN AFFECT EATING
OR SPEAKING. THERE ARE SEVERAL
OPTIONS AVAILABLE LIKE
DENTURES, BRIDGES,
OR IMPLANTS.

A PULPOTOMY
IS DONE IN ONE
VISIT, FOLLOWED BY
A CHECK-UP TO ENSURE
HEALING. TO STRENGTHEN THE
TOOTH, A CROWN OR FILLING
MIGHT BE SUGGESTED. IF IT
DOESN'T HEAL PROPERLY,
FURTHER TREATMENT
OR REMOVAL MAY
BE NEEDED.

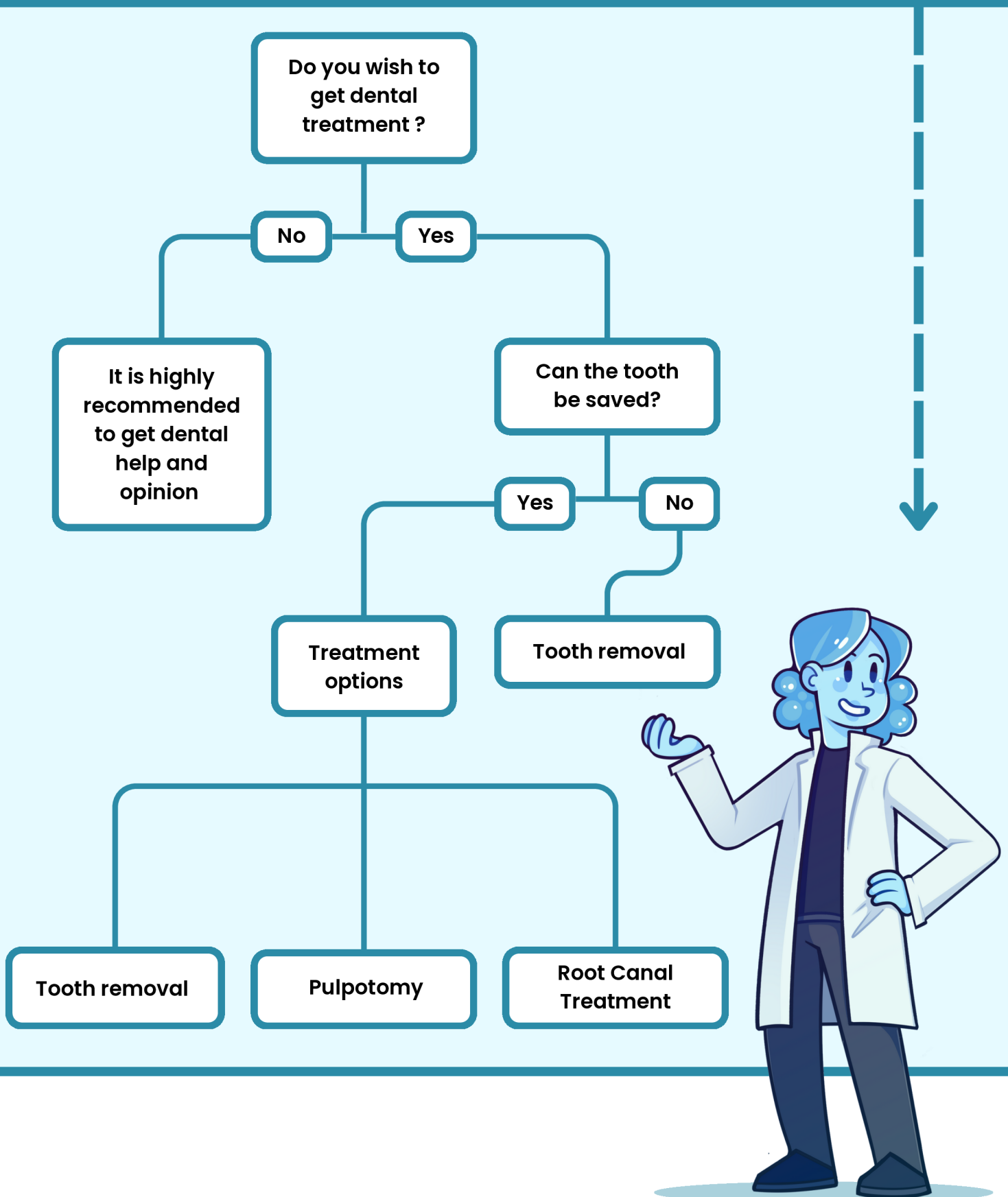


A ROOT CANAL
USUALLY TAKES
ONE OR TWO VISITS,
WITH A FOLLOW-UP TO
CHECK HEALING. THE TOOTH
MAY BE WEAKER AFTER, SO A
CROWN OR FILLING IS OFTEN
RECOMMENDED. IF IT FAILS,
FURTHER TREATMENT OR
REMOVAL MIGHT
BE NEEDED.



Treatment options for Severe Pulpitis:

Your treatment options may vary depending on how your tooth is and whether it can be saved or not, your dentist will be able to advise you about this:



What are the steps for treatment?

Pulpotomy

Pulpotomy helps to save a tooth that is damaged and suffers from Severe Pulpitis. The dentist will first numb the tooth, so you don't feel any pain. A small rubber sheet is placed around the tooth to keep it clean and dry. The dentist removes the top part of the nerve that is inflamed but leaves the healthy part in the root canals. If the nerve in the root canals does not look healthy, the dentist may have to carry out a root canal treatment instead. After it is clean and the bleeding inside the tooth stops, the dentist seals the tooth and puts in a filling. The treatment usually takes only one visit of 60 to 90 minutes. Depending on how badly damaged the tooth is, your dentist might suggest that a crown is placed to protect the tooth for the future.

Root Canal Treatment

Root canal treatment helps to save a tooth that is badly damaged (with Severe Pulpitis for example). The dentist will first numb the tooth, so you don't feel any pain. A small rubber sheet is placed around the tooth to keep it clean and dry. The dentist cleans out the inside of the tooth where the nerve was, then seals it to prevent infection. After it is clean, the dentist seals the tooth and puts in a filling. The treatment usually takes one or two long visits, about 90 minutes each. Depending on how badly damaged the tooth is your dentist might suggest that a crown is placed to protect the tooth for the future.

Tooth removal

Tooth removal (also called tooth extraction) means taking a tooth out of your mouth. The dentist will first make sure your tooth is numb, so you don't feel any pain. You might still feel some pressure or movement, but it won't hurt. The dentist will loosen the tooth with special tools and take it out, which usually only takes a few minutes. If needed, they may put in a few stitches to help the area to heal. The stitches will dissolve after 2 to 4 weeks (they do not need to be removed). Following this procedure, there will be a gap where the tooth was. It's a good idea to talk with your dentist about options to replace the missing tooth, like dentures, bridges, or implants.



How well does treatment work?

Pulpotomy

Pulpotomy works really well for Severe Pulpitis. Studies show that after one year, 98% of treated teeth are pain-free and still work well. Even after five years, about 78% of teeth treated with a pulpotomy are still healthy and functioning, which means almost 8 out of 10 teeth are saved long-term.

After one year: 98% success



After five years: 78% success



Root Canal Treatment

Root canal treatment works really well for Severe Pulpitis. Studies show that after one year, 98% of treated teeth are pain-free and still work well. Even after five years, about 75% of teeth treated with a root canal treatment are still healthy and functioning, which means over 7 out of 10 teeth are saved long-term.

After one year: 98% success



After five years: 75% success



Tooth removal

Tooth removal is usually very successful. Most people heal without any problems, and the area recovers well. However, some complications and risks are to be considered:

- **Tooth Breakage:** Sometimes the tooth doesn't come out in one piece, and a specialist may need to remove the remaining parts.
- **Infection or Dry Socket:** The socket can become infected, or the clot can come out too soon, causing pain.
- **Follow-Up:** After tooth removal, your dentist may give you instructions to care for the area, like avoiding certain foods or rinsing with salt water. They may also schedule a follow-up to check on healing.



I'M GOING TO SEND YOU HOME WITH THIS LEAFLET THAT EXPLAINS EVERYTHING WE DISCUSSED TODAY.

PLEASE GIVE US A CALL AS SOON AS YOU'VE MADE YOUR DECISION SO WE CAN ARRANGE A NEXT-DAY APPOINTMENT AND GET YOU FIXED RIGHT UP.



THANKS, I'LL TAKE SOME TIME TO THINK IT OVER AND CALL BACK ONCE I'VE DECIDED WHICH OPTION FEELS RIGHT FOR ME.



RAINBOW DENTISTRY



I'M RELIEVED THEY'LL FIX THIS QUICKLY, AND HAVING ALL THE INFORMATION REALLY HELPS ME FEEL MORE IN CONTROL. THINGS ARE LOOKING UP!

Contribution and further information



ROYAL COLLEGE OF
PHYSICIANS AND
SURGEONS OF GLASGOW



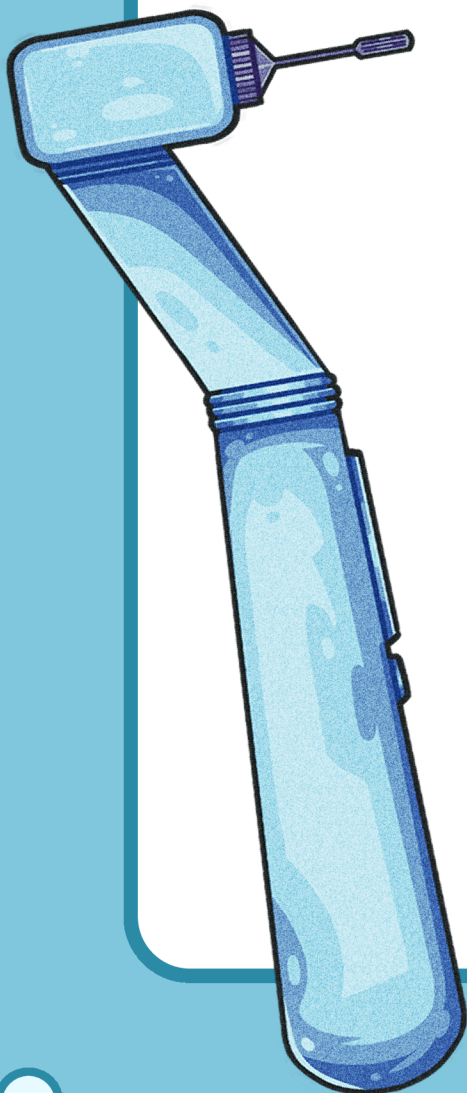
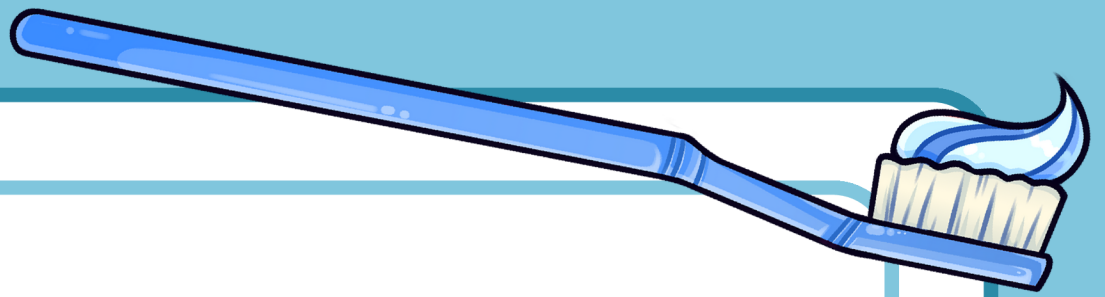
School of Dentistry
University of Dundee



For further information



<https://learningspaces.dundee.ac.uk/sden-severetoothache/>



<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>