



Diamond Dental Spa
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Deep Cavities and Indirect Pulp Caps

You are being given this information because you have a tooth that has a very deep cavity or was already symptomatic. The process of removing decay and sealing the tooth is surgery, and as such is by its nature irritating to the nerve that lives inside your tooth. In small cavities with healthy nerves this is rarely an issue because the nerve has a good ability to heal on its own. In teeth with deep cavities that need more extensive surgery, or teeth that are already irritated or sensitive, the nerve is already stressed and the surgery to fix the tooth is another irritant. In many cases, these nerves may not heal on their own and need to be removed through a procedure called a root canal.

National statistics show that teeth with deep decay or that are already symptomatic have a 50% chance of not healing on their own and needing a root canal to remove the inflamed nerve. We are proud to say that our team has had over a 90% success rate in avoiding root canals for our patients in these situations! Newer materials, better techniques, and attention to detail all play into things we do to help you avoid further treatment. However, when dealing with the human body, there are still instances where the nerve is beyond the point of repair and needs to be removed.

You had one or more teeth worked on today that fit this category and we want to give you every opportunity available to avoid a root canal. Here are a few things you can do at home to help in the next couple weeks:

- . 1) Avoid cold temperatures on the tooth – cold is often the most



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irritating temperature change to the living part of the tooth

- . 2) Eat on the other side – the more you can leave the tooth alone to heal, the better its chances

- . 3) Use sensitive toothpastes

- . 4) Take Advil/Ibuprofen 3x/day for 1 week – a great anti-inflammatory to help calm the nerves

What to expect, 3 typical scenarios:

- . 1) The tooth responds extremely well. Minimal sensitivity to 1-2 weeks that goes away completely. If this happens, you can likely stop worrying about the tooth.

- . 2) The tooth is inflamed and heals over time. You may have sensitivity to biting for a few days and sensitivity to temperature differences for a few weeks. Over time these sensitivities decrease, which means the tooth nerve is healing and likely to survive.

- . 3) The nerve is inflamed and does not survive. Often this presents as either sensitivity that does not improve over time, or gets worse. This is the nerve telling you it was beyond the point of repair and needs a root canal.

If you have any questions, you can contact the doctor directly by



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email ([_drzin@woodlandhillsdds.com](mailto:drzin@woodlandhillsdds.com)) or the office line at
818-650-1612