

5 Painful Visits Skip Karo — Molar 90 Minutes Mein Bachao

Painless Root Canal Treatment in Kanpur — rotary tech, single sitting, zero drama

IIT Kanpur ke Professor A.K. Sharma (52) — Tuesday review meeting ke beech **lower molar mein searing pain**. 1:00 PM consultation, 2:30 PM tak root canal complete, tooth sealed — **lunch break mein 90 minutes**, aur woh comfortably chew karte hue campus wapas. Unke shabd: *"I've had root canals done twice before in Delhi. Both times it took five visits. I honestly didn't think this was possible in a single sitting."*

90 min

ek hi sitting mein complete RCT — access opening se final filling tak

85–95%

single-visit rotary RCT success rate @ 10 years

₹6–9.5k

molar single-sitting RCT @ Saluja (excl. crown)

90%

kam radiation — digital RVG vs traditional film X-ray

CHAPTER 1 · PURANA RCT HORROR STORY

5 Visits, 5 Injections, 1 Nightmare — Jo Ab Khatam

Traditional multi-visit RCT: weeks ka stretch, har visit mein naya injection, beech mein throbbing pain, aur Kanpur ki traffic ke 5 round. Professionals, students, busy parents — sabke liye medically outdated aur socially punishing.

Visit	Kya Hota Hai	Time	Pain Level
Visit 1	Diagnosis, X-rays, anaesthesia, access opening	45–60 min	Moderate
Visit 2	Manual file cleaning of root canals	30–45 min	Painful
Visit 3	Medicated dressing placed inside canals	20–30 min	Uncomfortable
Visit 4	Filling / obturation of root canals	30–40 min	Painful
Visit 5	Final crown placement	40–60 min	Minimal

Journal of Endodontics ka sach: multi-visit RCT mein **interappointment emergency flare-ups ka risk ZYADA** hai single-visit se. Har visit tooth ko re-contamination ke liye kholta hai; beech ke dinon mein medicated dressing leak ya fail ho sakti hai. "5 visits = safe" ek myth tha.

CHAPTER 2 · ROTARY TECH EXPLAINED

Single-Sitting RCT Kya Hai? Straw Safai Ka Science

Imarti ke plate ke saath samjho: **root canal = straw ke andar ki safai** — nerve wali canal ke andar clean karo, phir completely seal taaki bacteria wapas na ghusse. Manual steel files ki jagah ab NiTi rotary — isi liye 5 visits ki zaroorat khatam.

✓ Rotary NiTi Motors

Nickel-titanium files — S-shaped curved canals bhi bina break hue clean; computer-controlled torque & speed

✓ Electronic Apex Locators

Root canal ki exact length digitally measure — guesswork zero, complete cleaning guaranteed

✓ Digital RVG X-ray

Instant high-resolution images — traditional film se 90% kam radiation

✓ Ultrasonic Irrigation

Sonic energy se fluid agitation — un debris tak flush jo files tak nahi pahunchte

✓ Rubber Dam Isolation

Har single-sitting RCT mein sterile field — contamination zero, airway protected

Evidence: single-visit rotary RCT success rate **85–95%** — multi-visit se comparable, often better. Well-cleaned aur immediately sealed canal system = bacterial proliferation ya medication leakage ke liye **zero time window**.

CHAPTER 3 · THE HONEST ANSWER

Painless Hai Ya Nahi? 6+ MDS Surgeons Ka Jawab

Team led by **Dr. Jagveer Singh Saluja** (MDS Oral Maxillofacial Surgeon & Implantologist, 16+ yrs) + **Dr. Richa Saluja**, **Dr. Bhavneet Chawla**: **haan, genuinely painless — jab sahi tarike se kiya jaye**. Pain ke 2 kaaran hote hain: ineffective anesthesia aur aggressive instrumentation — dono yahan eliminated.

CALA Anesthesia

Computer-assisted local anesthesia — flow itna slow & precise ki patients ko needle ka feeling tak nahi aata

Crown-Down Gentle Touch

Rotary files canal walls par glide karte hain — manual jaisa push-scrape nahi, minimal pressure

One Continuous Session

Access se final filling tak 60–90 min ek hi baithak — multi-visit wala post-medication discomfort cycle nahi

Evidence: International Endodontic Journal meta-analysis — **17 clinical trials, 2,000+ patients:** single-visit RCT mein post-op pain multi-visit se zyada NAHI. Honest caveat: 24–48 hrs mild tenderness possible — OTC pain reliever se manageable, healing ka sign.

"I've had root canals done twice before in Delhi. Both times it took five visits. I honestly didn't think this was possible in a single sitting. The technology you have here is genuinely world-class."
— **IIT Kanpur Professor (52)** · Root canal complete in 90 minutes, lunch break mein

CHAPTER 4 · THE BIG DECISION

RCT vs Extraction vs Implant — Kanpuriya Ka Sahi Faisla

Severely decayed ya infected molar ke saamne 3 raaste hain. Comparison dekho — phir decide karo:

Factor	Single-Sitting RCT	Extraction Only	Extraction + Implant
Cost Range	₹4,000–₹8,000	₹1,500–₹3,000	₹35,000–₹60,000
Visits	1 (90 min)	1 (30 min)	3–4 (3–6 mahine)
Natural Tooth	✓ Preserved	✗ Lost	✗ Lost
Success Rate	85–95% @ 10 yr	N/A — tooth lost	95–97% @ 5 yr
Recovery	1–2 days	2–3 days	1–2 weeks per stage
Bone Loss Risk	None — preserved	High — jawbone shrinks	Minimal after healing
Chewing Function	Excellent (100%)	Reduced 30–50%	Excellent (100%)

American Association of Endodontists: *"Nothing is as good as a natural tooth."* RCT-treated tooth proper crown ke saath natural jaisa chew karta hai, bone preserve karta hai. Extraction tabhi — jab tooth gumline ke neeche fractured ho ya root structure compromise.

CHAPTER 5 · TRANSPARENT PRICING

Single-Sitting RCT Cost in Kanpur — No Surprises

"Paisa baad mein dekhenge" school of dental surprises — yahan nahi chalta. Chair par baithne se pehle hi price clear:

Tooth Type	Multi-Visit (City Avg)	Single-Sitting @ Saluja
Front Tooth (Incisor/Canine)	₹3,000 – ₹5,000	₹4,000 – ₹6,000
Premolar	₹4,000 – ₹6,000	₹5,000 – ₹7,500
Molar (including wisdom)	₹5,000 – ₹8,000	₹6,000 – ₹9,500

EMI AvailableCGHSECHSESIUP PoliceU.P. Metro

True economic cost: multi-visit ka asli kharcha = 5 consultations + 5 X-ray sets + medications + travel + **5 half-days of leave** (₹1,000–₹2,000/day professionals ke liye). Sab jodo — single-sitting RCT real terms mein **sasta** hai. *Crown/cap excluded; price tooth complexity & canals par depend.

KEY TAKEAWAYS

Har Kanpuriya Ke Liye Final Facts

- ✓ **90 minutes, 1 visit:** rotary NiTi + apex locator + digital RVG + ultrasonic irrigation se canal pehli baar mein clean & sealed.
- ✓ **Painless, jab sahi ho:** CALA anesthesia + gentle crown-down rotary + continuous 60–90 min session.
- ✓ **RCT > Extraction:** natural tooth ka koi replacement nahi — American Association of Endodontists ka verdict.
- ✓ **Multi-visit ka cost hidden hai:** 5 leaves + 5 X-rays + weeks of discomfort — single-sitting real terms mein sasta.
- ✓ **Transparent pricing @ Saluja:** molar ₹6,000–₹9,500 (excl. crown) + EMI + CGHS/ECHS/ESI/UP Police/U.P. Metro empanelment.

Aapki Daant Ko Bachne Ka Sirf Ek Window Hai — Aur Woh Ab Hai.

G.T. Road, Ashok Nagar — NABH-accredited centre, 6+ MDS surgeons, single-sitting painless RCT. Har din delay infection deep karti hai aur bone kamzor. Book now — **walk out with your tooth intact.**

📞 Call Now: +9199362 93232

📞 WhatsApp: 919936293232

Saluja Dento Max Fac Centre

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Sources: salujadentals.com · Journal of Endodontics · Int Endodontic Journal · AAE