

• ROOT CANAL · CROWN DECISION · KANPUR

Root Canal Ke Baad Crown Zaruri Hai Ya Nahi?

Jawab Nahi Slogan Se — Structure Aur Load Se Aata Hai

~78%

5-saal success rate — molars, RCT ke baad CROWNED

~36%

5-saal success rate — wahi molars, CROWN KE BINA

13.4%

vertical root fracture incidence, ek bade published analysis mein

~94%

2-saal survival — cracked teeth, full coverage ke saath

CHAPTER 1

Do Alag Kaam Hain — RCT Ek, Crown Doosra

Yahan hi sabse badi confusion hai. Crown infection nahi rokta, aur root canal fracture nahi rokta. Ye dono bilkul alag decisions hain.

✓ ROOT CANAL — BIOLOGICAL

Infection aur inflammation ko **rokta** hai. Infected pulp nikalta hai, canal system disinfect hota hai aur seal ho jaata hai. **Yahi aapka dard khatam** karta hai.

Crown ka isme koi role nahi — crown daant ko weak hone se nahi rokta.

♦ CROWN — MECHANICAL

Daant ke load ke neeche **tootne** se rokta hai. Cusps ko ek ring mein baandh deta hai taaki chewing force poore daant mein batant jaaye.

Crown infection theek nahi karta — sirf structure ko survive karne ka mauka deta hai.

Samajhne ka sabse aasan tareeka: healthy daant *solid* tree trunk jaisa hai — thoda flex ho sakta hai. Root canal ke baad woh *khokhla* log (hollow log) ban jaata hai. Khokhla log weight uthata hai — jab tak deewarein itni patli na ho jayein ki bending se crack na aaye. Isi liye crown ka faisla infection se nahi, **bacha hue structure** se chalta hai.

CHAPTER 2

Treatment Ke Baad Daant Ka Structure Kaise Badalta Hai

Approximate remaining coronal structure — restorative teaching material mein aam taur par aise dikhaya jaata hai. Individual daant ke liye values indicative hain, measured nahi.

Stage	Kya Badla	Fracture Risk
Healthy tooth	Poora coronal dentin, vital pulp, intact cusps	Baseline
Root canal complete	Access cavity, canal removal, disinfected + sealed	Moderate rise — molars mein zyada
Post / core lagana	Post space banane ke liye aur dentin nikala gaya	High — jab tak tooth short-rooted na ho
Sirf large composite	Bonded filling wear rakti hai, cusp deflection nahi	Heavily broken teeth mein high
Full-coverage crown	Cusps linked, load ek ring mein batant jaata hai	Lowest

Ferrule ka matlab: crown ke neeche 2–3 mm healthy dentin hona chahiye. Agar yeh nahi bacha, crown seal nahi kar paata aur daant phir se weak ho jaata hai — isliye ferrule aur bache hue walls, crown ki thickness se zyada important hain.

CHAPTER 3

Crown Ke Saath vs Bina — Published Numbers

Do alag published comparisons. Molar ke numbers 5-saal success rate hain; cracked-teeth ke numbers 2-saal survival hain, jo American Association of Endodontics ne report kiye.

Study Scenario	CROWN KE SAATH	BINA CROWN	Kya Matlab
Molars — 5-saal success rate	~78%	~36%	Ayad double
Cracked teeth — 2-saal survival	~94%	~20%	Sabse bada gap
Posterior teeth — tooth loss rate	Reference	Roughly 6x higher	Bina full coverage

In numbers ko dobara mat padhiye: yeh *sabko crown karane* ka argument nahi hai — yeh un daanton ka argument hai jahan numbers measure hue. Yaani heavily loaded back teeth aur cracked teeth. Ek molar jisne aadhi structure khoyi, aur ek front incisor jiska sirf ek corner missing hai — dono ek hi category mein nahi hain.

CHAPTER 4

Daant Root Canal Ke Baad Kamzor Kyun Hota Hai

Char cheezein hoti hain — aur milke woh har fracture explain kar deti hain jo aap kabhi padhenge.

1

Dentin nikal jaata hai
Access aur canal preparation load-bearing body ka khaas hissa le jaate hain. Ek molar apna substantial coronal dentin is process mein khota hai.

2

Living core khatam
Pulp ek built-in shock absorber tha jo har bite ke energy ko damp karta tha. Use hataane se daant **stiffer aur zyada brittle** ho jaata hai.

3

Dentin dehydrate hota hai
Blood supply cut hone ke baad dentin measurably zyada brittle ho jaata hai — root-filled dentin ki fracture toughness vital dentin se kam hoti hai.

4

Cusps support kho dete hain
Molar ke do chewing surfaces lever ki tarah deflect karte hain. Deewarein patli hain to ek *chhilka* ya *dane ki koskthi* daant vertically split kar degi.

"A root canal removes disease. A crown adds structural strength. Decide on how much tooth is left and how hard that tooth has to work — not on a rule of thumb."
— **The Crown Dental Philosophy** · biomechanics, not habit

CHAPTER 5

5 Cases Jahan Crown Genuinely Zaroori Nahi

Yahi woh cases hain jahan blanket "har RCT pe crown" rule nuksaan karta hai.

1

Front incisor, sirf ek corner missing
Chhota bonded composite comfortably years chalega

2

Well-preserved premolar, minimal loss
Sound structure zyada hai to filling defensible hai

3

Molar with small access only, cusps intact
Cuspoin ki tabiya intact hai to filling chal sakti hai

4

Chhoti bonded restoration, saaf rakhne layak
Grooves nahi, cleaning possible hai

5

Jahan crown se zyada healthy structure katna padega
Overtreatment ek tarah ka nuksaan hi hai

Do tarah ki galti hoti hai: ek — daant pe crown lagana jo zarurat nahi tha, jisse 2–3 mm healthy enamel aur dentin *barbaad* ho jaata hai. Doosri — yeh bharosa ki crown root canal ka hissa hai, isliye crown appointment pe dard wapas nahi aayega. **Us dar ko root canal ne khatam kiya tha, crown ne nahi.**

CHAPTER 6

Kanpur Mein Dentist Actually Kya Dekhte Hain

Koi switch nahi hota — ek checklist hoti hai. Yahi wajah hai ki do bilkul same dikhne wale cavities wala plan nikal kar aate hain.

Factor	Kya Dekhte Hain	Faisla Kaise Badalta Hai
Tooth position	Molar, premolar, canine, incisor	Back teeth = zyada bite force → crown
Remaining sound structure	Wall thickness, cusps, ferrule (2–3 mm)	Kam structure = crown; adequate = filling
Crack diagnosis	Stain, probing depth, bite-test, cusp movement	Confirmed crack → crown, almost always
Occlusion & parafunction	Heavy contacts, grinding, clenching	High load → crown + night guard
Post requirement	Short clinical crown, dono walls gone	Post adds risk → crown case strong
Periodontal & bone support	Bone levels, mobility, crown-root ratio	Weak tooth + weak support = zyada protection
Esthetic demands	Visible tooth, smile line, metal allergy	Material decide karta hai — crown nahi
Ability to keep it clean	Grooves, adjacent teeth, home care	Long-term prognosis

Material choice sabse kam important hai. Zyaadatar patients zirconia vs porcelain-fused-to-metal poochte hain — sahi sawaal hai, jawaab bhi milega — lekin yeh *second-order* decision hai. Survival is baat pe tay hota hai ki daant ke paas bache hue structure mein se itna tha ya nahi. Aur **timing** bhi: temporary filling months ke liye nahi bani hai — few weeks mein final restoration karwa lo.

CHAPTER 7

Fracture Ya Infection? Dono Bilkul Alag Decision

Infection biological failure hai. Fracture structural failure hai. Inke symptoms, timeline aur ilaaj alag hain — aur inhe mix karne hi bade galat faislay banata hai.

Feature	Infection / Endodontic Problem	Structural Crack
Dard ka type	Throbbing, spontaneous, sweet/cold ke baad lingering	Sharp pain on biting, ya releasing pe
Timing	Hours se days mein build hota hai	Instant, sharp, easy to localise
Swelling / gum boil	Hota hai, tenderness on biting	Usually absent
Percussion par	Dull, lingering ache	Often sharp, high note
Kya theek karta hai	Root canal treatment ya retreatment	Full-coverage crown (agar restorable ho)
Kya crown madad karta hai	Nahi — biological treatment chahiye	Haan — daant wapas baandh deta hai

Ek aur myth: crown doosre daant ko decay se nahi rokta, aur untreated daant ko bhi immune nahi bana deta. Crown ki margins mouth ki sabse zyada miss ho jaane wali jagah hain. **Aur sabse bada jhooth:** "dard nahi hai to daant mazboot hai." Bahut saare fracture bilkul comfortable daanton se hote hain — jab tak ek pal mein split na ho jayein.

SUMMARY

5 Key Takeaways — Yahi Yaad Rakhiye

- ✓ **Har root canal ko crown nahi chahiye.** Zyaadatar molars aur premolars ko chahiye; bahut se front teeth jismein structural loss kam hai, unko nahi chahiye.
- ✓ **Crown ek medical nahi, mechanical decision hai.** Yeh khokhle, dehydrate, load-bearing shell ko chewing force ke neeche split hone se rokta hai.
- ✓ **Cracked teeth sabse strong indication hain.** Full coverage ke bina survival dramatically kharab hota hai — ~20% vs ~94%.
- ✓ **Temporary filling par months mat chhodho.** Treatment complete hone ke few weeks ke andar final restoration karwa lo.
- ✓ **Sawaal chair mein poochho, online nahi.** Crown ka faisla x-ray, bite test aur bache hue walls ke count se hota hai.

Apne Daant Ka Seedha Jawab Chahiye?

Apre recent x-rays lekar aayein. Endodontist aur prosthodontist milke remaining structure, cracks aur occlusion check karenge — aur treatment shuru hone se *pehle* exactly batayenge ki crown chahiye ya nahi, aur **kyun**.

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Sources: JADA · American Association of Endodontics · retrospective fracture-survival studies · thecrowndentalclinic.com