

• RESTORATIVE DENTISTRY • KIDWAI NAGAR, KANPUR

Cracked Tooth: Bachaye Ya Nikal De?

Crack ki depth, nerve ki sehat aur bache hue structure — teenon mil kar decide karte hain ki daant bach sakta hai ya nahi.

Sabse badi galti yeh hai ki crack ko **kitna bada dikhta hai** usse judge karna. Size se kuch nahi hota — matter karta hai crack **kahan** baitha hai, **kitni deep** hai, nerve abhi **zinda hai ya nahi**, aur bacha hua structure ek crown ko hold kar sakta hai ya nahi. Neeche wahi order hai jo ek dentist chair par follow karta hai.

MOST CRACKS BACH JAATE HAIN
Craze line → Incomplete crack
Fragments aapas mein pakde rehte hain — crown ya onlay se predictable repair

JAB NIKALNA HI SAHI HAI
Vertical root fracture
Root canal ke baad root mein crack — honest answer: isko save nahi kiya ja sakta

Ek Chair Par Decision Kitna Data Se Banta Hai

NUMBERS

6
Crack patterns ek dentist classify karta hai — har ek ka apna prognosis

5
Clinical findings jo save-ya-remove ka faisla karte hain

3
Stages mein hota hai repair — ek visit mein nahi, hafton mein

4
Restoration options — bonding se full crown tak

Crack Kya Hota Hai — Enamel Se Nerve Tak

ANATOMY

OUTER SHELL
Enamel
Body ka **sabse k tough tissue**. Isme koi nerve nahi — sirf isme crack ho to dard nahi.

MIDDLE LAYER
Dentin
Soft, yellow. Isme **microscopic tubules** hote hain jo stimulus pulp tak le jaate hain — isi se sensitivity.

CENTRE
Pulp Chamber
Nerves, blood vessels aur connective tissue — jo narrow hokar **root canals** ban jaate hain.

INCOMPLETE FRACTURE — crack, split nahi

- ✓ Do tukde **ek dusre ko pakde** rehte hain — yahi repairable situation hai.
- ✓ Crack crown se shuru hokar **subgingival direction** mein jaata hai — isi ko "cracked tooth" kehte hain.
- ✓ Protective crown ya onlay se daant ek load-bearing unit ki tarah kaam karta hai.

COMPLETE SPLIT — do alag tukde

- ✗ Daant poori tarah **do alag pieces** mein bat gaya — koi bhi adhesive material inhe wapas ek nahi kar sakta.
- ✗ Tukde **alag-alag hi** sakte hain, bite "odd" lagti hai, sharp edges bante hain.

Crack Kitna Andar Gaya Hai — 4 Levels

DEPTH

CRACK DEPTH	KYA MEHSOOS HOTA HAI	AAM ACTION
Sirf enamel	Koi dard nahi, sirf surface par hairline mark (craze line)	Monitor Routine check-up, koi intervention nahi
Dentin tak	Hot, cold ya sweet par sensitivity jo seconds mein settle ho jaati hai	Protect Seal + protective crown, aksar onlay
Pulp tak	Lingering pain, spontaneous aching, ya bina kisi stimulus ke dard	Treat nerve Root canal treatment, phir crown
Poora split	Daant do mobile parts mein; bite mein shifting feeling	Assess Case-by-case, aksar restorable nahi

Craze lines har adult ke molars par hoti hain — yeh saloon ki chewing ka nateeja hai, enamel tak limited rehti hain, badhti nahi. Panic karne ki koi baat nahi.

6 Crack Patterns — Har Ek Ka Apna Outlook

CLASSIFICATION

PATTERN	KAISE DIKHTA HAI	AAM SYMPTOM	AAM OUTLOOK
Craze line	Biting surface par hairline mark, sirf enamel	Koi nahi	Monitor No intervention
Incomplete cracked tooth	Biting surface se oblique crack jo root ki taraf jaata hai	Bite par dard jo chhodne par ruk jaata hai	Saveable Protective crown, pulp involve ho to root canal
Split tooth	Crown do mobile parts mein bat gaya	Dard, shifting feeling, sharp edges	Case-by-case Aksar restorable nahi
Vertical root fracture	Root ke saath chalne wala crack, aksar root-canal treated daant mein	Recurring pain, sinus tract ya persistent deep pocket	Not saveable Extraction predictable option
Horizontal root fracture	Trauma ke baad root ke aar-par se fracture	Injury ke baad displacement aur mobility	Often heals Endodontic care se stabilise hota hai
Cusp fracture	Ek cusp ka poora shear ho jaana	Sharp edge, chhodne par dard	Saveable Onlay ya crown se rebuild

Source pattern: AAE patient guidance on cracked teeth; comprehensive review of cracked tooth treatment (PMC, 2022). Har case chair par individually judge hota hai.

5 Findings Jo Save Ya Remove Decide Karti Hain

DECISION

#	DENTIST KYA CHECK KARTA HAI	BACHANE KI TARAF	NIKALNE KI TARAF
1	Extent and direction of the fracture	Incomplete crack confined to the crown, not split through the root	Split tooth, or a crack extending below the bone level
2	Status of the pulp (cold test, controls compared)	Normal pulp or reversible pulpitis — nerve can be kept	Irreversible pulpitis or necrotic pulp, or a vertical root fracture
3	Remaining sound tooth structure	Enough healthy walls left to hold a crown in the long term	Too little structure left to hold any restoration
4	Gum and bone condition	Healthy tissue, normal probing, no deep pocket	Deep isolated pocket or a persistent sinus tract at the fracture line
5	Mobility, cracks in the bone and prior history	Stable, firm tooth with a sound crack line	Marked mobility, visible root or bone crack, recurrent infection in an already-treated tooth

Nikalna bhi ek legitimate outcome hai — failure nahi. Asli maalat long-term oral health aur comfort hai; ek planned replacement aksar un-heroic repair se zyada mehfooz hai jo do baar fail ho chuka ho.

Jitna Andar Crack, Utna Heavy Management

LADDER

1 Enamel only (craze line)

Monitor at routine checks, no intervention

2 Into dentin

Seal and protect, often with a crown

3 Dentin + pulp involved

Root canal treatment, then a crown

4 Into the root

Specialist assessment; prognosis limited

5 Split tooth

Extraction with a planned replacement

Ordinal management scale: 1 = monitor at routine checks — 5 = extraction with a planned replacement. Crack depth aur bache hue sound structure milkar predict karte hain ki daant comfortable aur functional rahega ya nahi — **teaching visual, patient data nahi**.

Kab Same-Day Slot Chahiye, Kab Wait Karein

URGENT

AAJ HI SLOT CHAHIYE — in 7 mein se kuch bhi ho

- ! Dard sirf bite par nahi, **background mein dhadakta** rehta hai
- ! Hot ya cold ke baad dard **30-40 second se zyada** rhta hai
- ! Swollen gum, facial swelling ya fever
- ! Daant ke paas bad taste ya discharge
- ! Daant **sach mein loose** feel ho raha ho
- ! Tongue se feel ho jaye ki crack biting surface se gum tak ja rahi hai
- ! Sharp edge tongue ya cheek kaat raha ho

ABHI EMERGENCY NAHI — par delay bhi mat karo

- o Naye filling se aata hua **turant** settle ho jaane wala twinge
- o Cold sensitivity jo ek-do second mein gayab ho jaati hai
- ! Lekin **kai hafton se zyada wait mat kijiye**. Aaj mild symptoms ka matlab hai pulp dheere-dheere recover karna chhod raha hai — jo daant pichle mahine saveable tha, aaj bahut kam predictable hai.

- 1 Opposite side se chew kijiye — hard, sticky ya bahut chewy cheezein us side par avoid karein. Cracks ek baar ke cautious bite se nahi, **repeated load** se phaalti hain.

2 Tukda mila ho to **rakh lijiye** — saaf tukda bond kar wapas lagaaya ja sakta hai, jo repair ko kaafi chhota aur simple bana deta hai. Sharp edge par sugar-free gum rakh lein.

Daant Bachana Ek Visit Mein Nahi Hota — 3 Stages

TREATMENT

STAGE ONE
Diagnosis
History (kab, kaise shuru hua — genuinely diagnostic), magnification se visual check, fissures ki staining, **tap** par sharp "ping" vs dull thud, gum probing, **cold test** control daant par pehle, swelling ki palpation. Microscope + transillumination wo cracks dikhte hain jo aankh ko dikhte hi nahi.

STAGE TWO
Pulp Management — sirf zarurat ho to
Pulp healthy ya sirf reversibly inflamed hai to **nerve waise hi rehta hai** — ideal scenario. Irreversibly involve ho to root canal infection clear karta hai aur dard jaata hai.

STAGE THREE
Restoration + Review
Crack ko aisi restoration seal kiya jaata hai jo chewing load ke neeche daant ko ek saath rakhe — aam taur par crown. **6 mahine, 1 saal, phir har saal** review standard hai.

✓ Uncertain diagnosis par **custom-made temporary protective restoration** lagaya jaata hai aur **kai hafte wear kiya jaata hai** — symptoms settle ho gaye to yeh strong evidence hai ki daant predictably restore hoga.

✓ Review formality nahi hai — chhoti si crack seal hone se pehle aage badh sakti hai, aur jaldi pakadna hi follow-up ki poori value hai.

Crown Kyun Zaruri Hota Hai — 4 Options

RESTORATION

Composite Bonding
Front teeth par **chhote chips** aur chhote enamel-dentin defects ke liye. Sirf cosmetic chip ho to crown ki zaroorat hi nahi padti.

Onlay ya Overlay
Jab **cusp weak** ho gaya ho lekin deewerein abhi sound hain — daant ko poori tarah cover kiye bina seal kar deta hai.

Full Crown
Molar mein crack jo poore daant se guzarta ho, ya root canal ke baad heavily loaded daant. **Back teeth** sabse zyada force lete hain, yahan yeh standard hai.

Root Canal + Crown
Jab pulp irreversible involve ho — **do alag problem, do alag treatment**. Pehle nerve clear, phir crown jo daant ko ek unit bana deta hai.

*Filling sirf **missing tissue** bharti hai — woh do halves ko chewing ke repeated load se alag hone nahi rokta. Wahi movement bacteria ko andar aane aur crack ko aage badhne deta hai. Crown **force** ko poori daant par faila deta hai, fracture line par concentrate nahi hone deta.*

Achhi Pehli Appointment Kaisi Lagti Hai

APPOINTMENT

Aapko kya milega

- ✓ Bataya jayega ki **kya hua aur kab**
- ✓ Daant **examine aur test** hoga
- ✓ Saaf explanation — **kaunsa pattern** hai
- ✓ Written plan: kya, kis order mein, har visit ka kya matlab
- ✓ Bataya jayega ki daant khulte hi answer **badal sakta** hai

Aane se pehle tayyari

- ✓ Kaunsa daant, kaunsa surface
- ✓ Dard kab shuru hua, **kya trigger** karta hai, kya relief deta hai
- ✓ Kuch hila ya toota bhi nahi
- ✓ Koi swelling hai ya nahi
- ✓ Front tooth ho to **photo** le aaiye, tukda rakh lijiye
- ✓ Apni **medicine** ki list saath le aaiye

Chair Par Teen Sawal Poochne layak Hain

QUESTIONS

SAWAAL 1
Kaunsa pattern hai?
Craze line, incomplete crack, split, ya root fracture — **sab ka prognosis alag** hai.

SAWAAL 2
Treat karne par prognosis?
Evidence par based forecast — koi bhi saal ka vaada nahi, sirf reasoning.

SAWAAL 3
Chhodein to 6 mahine baad?
Yehi sawal batata hai ki crack **aage chal sakta hai ya nahi** — aur kitna urgent hai.

“Saving a tooth is not always a success, and removing a tooth is not a failure. The real goal is a mouth that stays comfortable and functional for years.”
The Crown Multispeciality Dental Clinic & Implant Center — Kidwai Nagar, Kanpur