

Silicon Valley Endodontics & Microsurgery

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Cracked Tooth: Protecting It Until Treatment

Cracks are often invisible to the eye and don't show on standard x-rays — but they rarely heal and often worsen. Full guide: svendodontics.com/cracked-tooth-treatment.

SIGNS THAT SUGGEST A CRACK

- Sharp pain when biting down — often only at one specific angle, on hard or fibrous food.
- Pain when **RELEASING** the bite — the classic cracked-tooth sign.
- Cold sensitivity that lingers 30+ seconds after the cold is gone (a sign the nerve is involved).
- Pain that's hard to pinpoint — cracks often refer pain to neighboring teeth.
- Pain that comes and goes for weeks or months. Intermittent does not mean harmless.

PROTECT THE TOOTH UNTIL YOUR APPOINTMENT

- Chew on the other side, and skip hard or fibrous foods (nuts, ice, hard candy, crusty bread, raw carrots).
- Don't "test" the tooth by biting on it to see if it still hurts — every painful bite can drive the crack deeper.
- Avoid extreme hot/cold swings on that side if temperature triggers the pain.
- For discomfort, over-the-counter ibuprofen works on the inflammation (if it's safe for you).
- Book promptly — a crack caught while it's still above the gumline can usually be saved with a root canal and crown.

WHY TIMING MATTERS — THE CRACK SEVERITY LADDER

- Craze lines (surface only): harmless, no treatment needed.
- Fractured cusp: usually restorable with a crown.
- Cracked tooth (crack running toward the root): often saveable with root canal + crown IF caught early.
- Split tooth or vertical root fracture: usually too late — extraction.

The whole goal is to treat while you're still near the top of this ladder.

How a crack is actually diagnosed

Standard x-rays usually can't show a crack. Diagnosis combines targeted bite testing, fiber-optic transillumination, dye staining, examination under the surgical operating microscope at up to 25x magnification, and a CBCT 3D scan to map how deep the crack runs — which is what determines whether the tooth can be saved.

Pain when biting that no one can explain? That's our most common referral.

(669) 234-2354 — microscope + CBCT crack evaluation, seven days a week. Weekend hours: Saturday and Sunday 8 AM–3 PM.

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Consistent with American Association of Endodontists (AAE) patient guidance on cracked teeth and current outcome literature. Full sources: svendodontics.com/cracked-tooth-treatment. General guidance only — severe pain or swelling warrants a same-day call.