

TOOTH EXTRACTION

Although every effort will be made to preserve your natural teeth, there are some instances when it is necessary and to your benefit to extract a tooth.

Before your periodontist extracts your tooth, they will get you numb using a local anesthetic. Once you are properly numbed, the damaged/decayed/or fractured tooth/teeth will be gently and skillfully removed. Teeth that are impacted will require cutting away the bone tissue and gum that covers the tooth. Once this is complete, the tooth will be removed through the use of forceps. In some cases, it will be necessary to remove the tooth in pieces.

During an extraction, the tooth being removed leaves an open socket inside of the bone that once supported it. While the soft tissues around the extraction site heal and close over the opening rather quickly, the bone does not grow to fill in the open area that is left behind as rapidly, and as a result the socket is filled with soft tissue. This can cause resorption, or thinning, of the bone which can affect esthetics and also make implant placement more difficult in the future. To ensure there is adequate bone in the open socket and prevent shrinkage of the bone around it, placing a bone graft in the socket to preserve the space is necessary.

Bone grafts involve placing bone into the open socket immediately after a tooth has been removed. The extraction site is then sutured closed with a membrane protecting the extraction site and newly added bone graft. During this time, the body heals and new bone fills up the space left behind while absorbing the graft that the periodontist placed. Once the new bone is dense enough, you can move forward with having a dental implant placed by your periodontist.

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What to expect:

- Prescriptions
- Spaces between teeth
- Possible exposure of crown margins
- Sensitive to temperature
- Mild/moderate discomfort
- Inflammation
- Possible gum recession on adjacent teeth
- Sutures
- Post-op appointments
- If you take ASPIRIN, continue to take it
- If you take blood thinning medications, please follow your periodontist and doctor's instructions on taking it prior to surgery

Pre op instructions:

- No caffeine the day of procedure
- No alcohol the day before and day of the procedure
- No smoking at least 1 week prior to and after procedure.

Post op instructions:

- Soft food diet following surgery; no carbonation
- No straws, spitting, hard swishing
- Avoid heavy lifting/exercise
- Must maintain good oral hygiene
- Soft toothbrush use for the first week
- Ice pack for first 24 hours only
- StellaLife Rinse 3x a day until bottle is finished
- For pain control and reduction of swelling, take 600 mg Ibuprofen (this is 3 over the counter 200mg tablets), wait 3 hours then take 500mg Tylenol (1 over the counter tablet) and continue to alternate medications every 3 hours. If this does not control your pain, take the 600 mg ibuprofen and 500 mg Tylenol at the same time, every 6 hrs.
- If medications were prescribed, please follow the instructions on the bottle for their use.