



PRESS RELEASE

## **Wisdom Tooth Extraction and Healing Suggestions from the Sacramento Dentistry Group**

SACRAMENTO, CA—February 29<sup>th</sup>, 2016—A common question is how long it takes for the holes left by extracted wisdom teeth to heal. Another concern of many patients is dry socket — what is it and how can you avoid it? Our Sacramento dentists have answers for your questions.

### **Healing the Holes Left By Wisdom Teeth**

After your extraction, sutures may be used to close the gap. Inside the hole, a blood clot forms, preventing bleeding and protecting the bone and socket from exposure. While you are usually sent home with gauze to limit bleeding, once the bleeding stops, you should not add more gauze to the tooth in an effort to lessen pressure or pain. Instead, take the pain relievers recommended by your dentist.

Protect the healing socket by not swishing or rinsing vigorously. Do not drink with straws! Avoid vigorous activity, like exercise or sports. Do not play wind instruments for at least one week to ten days, depending on your dentist's recommendation. Also, do not smoke, by any means. In effect, you need to take an activities vacation and rest for about a week!

Soft tissues cover the socket within two weeks to a month, while bone usually fills the hole within six months. Mild activity with the jaw is acceptable immediately after the surgery, such as drinking liquid foods, then progressing to soft foods on the next day and your normal diet as you are able. Avoid sticky, hard or really chewy foods, as these could delay your healing.

### **The Dreaded Dry Socket**

Very few people get dry socket — estimates range from two to five percent of extraction patients. In cases of dry socket, the protective blood clot is dislodged or dissolves too early, exposing bone. This can lead to infection and severe pain. If the pain in your socket intensifies a couple of days after your oral surgery, then you should call the office of the Sacramento Dentistry Group for treatment. Various steps are taken to alleviate the pain and promote the continued healing of the socket, depending on the patient's individual circumstances.

For more information about extracting the teeth and promoting good healing afterwards, visit the dentists of the Sacramento Dentistry Group with their website, [sacramentodentistry.com](http://sacramentodentistry.com), at their office at 1105 E Street in downtown Sacramento, or by calling for a consultation at 916-538-6900.