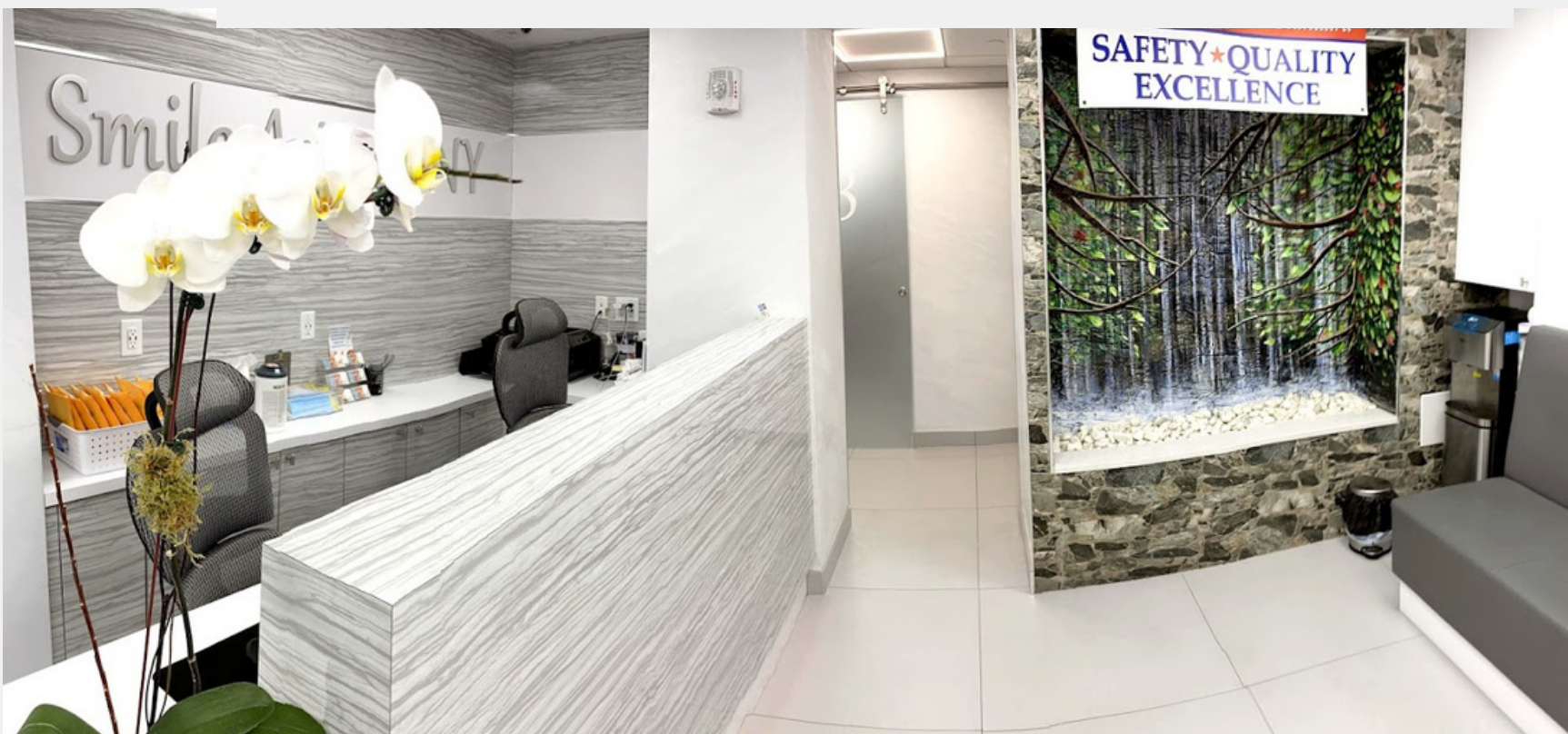


Written by a real NYC dentist

WHAT IS A TOOTH EXTRACTION?

*A Highly Informative e-book by a Practicing
Dentist in New York city.*



What is a tooth Extraction?

Preface

We all know how unpleasant the term "tooth extraction" sounds.

However, modern dentistry has saved countless number of lives just by extracting badly infected teeth. In this e-book, I hope to cover tooth extractions from a practicing dentist's point of view. To explore popular misconceptions and current practices in modern dentistry. While no one wants to have a tooth extraction, or any invasive dental procedure for that matter; This procedure is highly effective in creating pain relief and removing infections.

About Dr. Peter Mann

Dr. Peter Mann is currently the clinical director at a modern dental office in New York City called Smile Arts of NY. Dr. Mann comes from humble beginnings. His family moved from Ukraine to the United States of America in 1989 when he was a child. He grew up in Sheepshead bay, a town in Brooklyn, NY near the Atlantic ocean. Dr. Mann completed his education at the New York University College of Dentistry in 2008. He went on to complete a 1 year post-graduate dental residency at a level 1 trauma hospital, Kings County Hospital. Dr. Mann enjoys both the clinical aspects of dentistry and the business side. Dr. Mann started his practice in New York City in 2010. The practice has been growing steadily each year. Dr. Mann and his team take immense pride in helping the community with their dental health.

Medical Disclaimer

This ebook is for educational information purposes only. Do not use this book as medical advice. Please see a licensed dentist in case of a dental emergency, pain, swelling, trouble breathing, etc.... If you have oral pain, swelling, or questions they are best answered by your dentist after a comprehensive in person evaluation. The author of this book is not responsible for any adverse affects, medical ailments, etc.... Please see a licensed dentist for any and all oral health concerns.



Dr. Peter Mann DDS, FICOI, FAGD



Chapter 1

Why is saving your teeth so important?

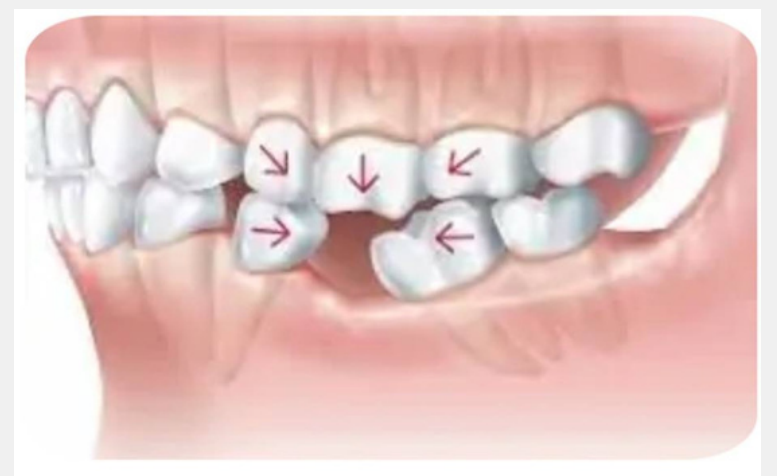
As a practicing dentist, I believe every dentist's main job is saving peoples' teeth. As simple as this task sounds, patients don't always see the value in saving their own teeth when tooth problems arise (i.e. deep cavities.) Keeping your own natural teeth is very important for the overall oral health and quality of life. Using modern dental procedures such as fillings, root canals, and crowns; Dentists can save badly damaged teeth by tooth decay

Did you know teeth are always moving and shifting?

Teeth never completely stay in one place, in other words teeth are constantly moving slightly. The roots of teeth are surrounded by ligaments which are like tiny springs, giving teeth the ability to slightly bounce as you chew. Teeth are also capable of moving and shifting.

The main reason teeth stay in the same place are the teeth surrounding them on either side are boxing them, now allowing to move to either side. When a person bites down, the teeth that come in contact are keeping each other from moving up or down. Having all of our teeth is what keeps our teeth stable in our mouth.

When a tooth is extracted, the other teeth will slowly start moving into the empty space. The consequences are that the person's bite will change, there will be spaces for more food to be trapped between teeth. These adverse consequences can be prevented by saving natural teeth when possible with either fillings, crowns, or a combination of a root canal, post and a crown depending on the extent of tooth damage.



Chapter 2

When does a tooth Need to be Extracted?

Teeth are usually extracted for one of the following reasons:

1. The tooth decay has extended too far for the tooth to be saved.
2. Teeth that have a deep vertical tooth fracture may need to be extracted.
3. Teeth that may be infected due to a failed root canal
4. Wisdom teeth with a gum infection (called Pericoronitis) are usually extracted



Extracted Wisdom teeth that caused a gum infection

Chapter 3

What's a simple vs. a surgical tooth extraction?

A simple tooth extraction is usually a quick procedure. The dentist or oral surgeon pushes the tooth from a few different angles to elevate it, then takes the tooth out with forceps.

A surgical tooth extraction usually involves some drilling. The tooth maybe impacted by bone which needs to be removed for the tooth to be extracted. Also, severely broken teeth may need to be sectioned with a drill for them to be successfully extracted.

Whether you're having a simple or a surgical tooth extraction; The procedure should be painless. It's completely normal to feel some pressure during the tooth extraction. Your dentist or oral surgeon should discuss with you what's involved in extracting your tooth.

Is Sedation necessary for a tooth extraction?

Most extractions can be accomplished successfully and pain-free within minutes without the need for sedation.

Depending on the difficulty of the tooth extraction and the anxiety level of the patient sedation maybe necessary.

Often when extracting all four wisdom teeth at the same time or very difficult impacted wisdom teeth sedation is recommended.

Patients with extremely severe levels of anxiety may have to be sedated.

Discuss with your dentist or oral surgeon to help you decide if you need sedation for your tooth extraction.

Chapter 4

Is a tooth extraction painful?

The actual procedure of having a tooth extraction is normally not painful. The patient should only feel some pressure.

However, there will likely be pain after the anesthesia wears off. Lower wisdom teeth cause much more pain than wisdom teeth because the bone in the mandible (lower jaw) is much denser than in the maxilla (upper jaw.)

Are Antibiotics needed After every tooth extraction?

Antibiotics are not prescribed after every tooth extraction. Your dentist or oral surgeon will prescribe antibiotics in cases of a large infection or in case of a very difficult tooth extraction. Most tooth extractions do not require antibiotics.

Are sutures Always needed after a tooth extraction?

Sutures are not always needed after a tooth extraction. In simple extractions sutures are often not needed. The doctor will decide after the tooth is extracted if sutures are needed.

What instructions should I follow after a tooth extraction?

1. Do NOT spit for 24-48 hours
2. Do NOT Rinse for 24-48 hours
3. Do NOT use a drinking straw
4. Do NOT Smoke for 24-48 hours
5. Advil is often best for pain

What is a dry socket?

A dry socket occurs when the blood clot is missing in the extraction socket. A dry socket is very painful. The best way to relieve the pain is for the dentist or oral surgeon to apply dressing to the site. The site will heal, but the process takes much longer, up to 21 days.

A dry socket may happen when patients don't follow instructions. The blood clot may come out if you're spitting, rinsing, smoking, or using the straw after a tooth extraction.

How much is a tooth extraction?

Prices for a tooth extraction vary from office to office. A simple tooth extraction may cost from \$600-\$1200 in NYC. Fortunately, many dental insurance companies cover up to 80% for a tooth extraction.

What Pain medications can I take?

Research shows that taking NSAIDs (NonSteroidal Anti-Inflammatory drugs) is best for pain relief. The most well known NSAID is Advil, also known as Ibuprofen. Aleve and Motrin are also NSAIDs. Dentists usually recommend to take 600mg of NSAIDs every 4-6 hours as needed for pain. NSAIDs work so well because they reduce inflammation in addition to relieving pain.

What if NSAIDs alone don't help the pain? Studies show that by combining NSAIDs with Tylenol (Acetaminophen) patient get significant compounding pain relief. Patients may take 1 or 2 tabs of Tylenol in between their dose of NSAIDS.

If pain still persists, please see your dentist or an oral surgeon. Severe pain three days after a tooth extraction may indicate a dry socket. Requiring a dressing in the extraction socket for pain relief.