# Tooth Extraction: Causes and Post-Procedure Care

Erdem Karabulut*

*Department of Oral and Maxillofacial Surgery, Chulalongkorn University, Bangkok, Thailand*

## DESCRIPTION

Tooth extraction is a dental treatment in which a tooth is extracted from its socket in the jawbone. It is a common procedure that is done to treat a variety of dental issues, such as severe decay, infection, crowding, and damage caused by trauma. While tooth extraction is a relatively safe and routine procedure, it is important to understand the process, the risks involved, and how to care for the affected area after the procedure.

## Causes for tooth extraction

Tooth extraction may be required for several reasons, including:

**Severe decay:** If tooth decay has caused extensive damage to the tooth, it may not be possible to save it with a filling or crown.

**Gum disease:** When gum disease causes significant damage to the teeth and the surrounding tissues, extraction may be the only option.

**Crowding:** Sometimes teeth may be too crowded, making it difficult to maintain proper oral hygiene. In such cases, extraction may be necessary to create more space for the remaining teeth.

**Impacted teeth:** When a tooth fails to emerge fully from the gum line, it is said to be impacted. Impacted teeth can cause pain, swelling, and infection, and may need to be extracted.

**Trauma:** Teeth may be damaged due to accidents or injuries. In such cases, extraction may be necessary to prevent further damage or infection.

Before the procedure, dentist will conduct a thorough examination of mouth, teeth, and gums. They may also take X-rays to evaluate the position of the tooth and the surrounding bone. If patient have any medical conditions or are taking any medications, inform the dentist beforehand. They may ask to stop taking certain medications or adjust the dose to reduce the risk of complications. The procedure is typically done under local anaesthesia, which numbs the affected area. If they are anxious or nervous, dentist may also provide sedation to help patient relax.

## Steps involved in tooth extraction

- The dentist will numb the afflicted area with a local anaesthetic.
- The dentist will carefully extract the tooth from the socket once it has become loose.
- The dentist may need to create an incision in the gum tissue to reach the tooth if it is impacted or difficult to remove. If patient receiving sedation, this will be administered at this point.
- Once the tooth is removed, the dentist will place a gauze pad over the socket and ask to bite down on it to control bleeding.
- In some cases, the dentist may also place stitches to close the gum tissue around the socket.
- Finally, the dentist will provide instructions on how to care for the affected area and schedule a follow-up appointment to monitor patient's recovery.
- After the procedure, it is important to follow the dentist's instructions carefully to promote healing and reduce the risk of complications.

## Post procedure care

- Bite down on the gauze pad for at least 30 minutes after the procedure to control bleeding.
- Avoid drinking through a straw or spitting, as this can dislodge the blood clot and delay healing.
- Avoid smoking for at least 24 hours after the procedure, as this can slow down healing and increase the risk of complications.
- Eat soft, cool foods for the first few days after the procedure. Avoid hot, spicy, or crunchy foods, which can irritate the affected area.
- Apply an ice pack to reduce swelling and pain.