



## Healing Process of Tooth Extraction

Are you suffering from tooth pain? Have you recently undergone a tooth extraction? Tooth Extraction takes place due to several reasons:-

- Tooth decay
- Injuries
- To remove wisdom teeth. People often have crowded teeth that leave no space for wisdom teeth. And your wisdom teeth have to be removed.

So, if you have any of the problems, then the best solution is tooth extraction. After tooth extraction, you might face some side effects like:-

- Pain
- Swelling
- Soreness
- Tenderness
- Bleeding.

So, be it any cause you have a tooth extraction, remember that there is a healing process that takes a few days, and the dentist advises some food for better healing. So, after reading this article, all your doubts will be cleared.

### First-day post-extraction:-

After the tooth extraction takes place, **make sure you rest for the first 24 hours as you will feel pain and blood clots take place.** You will feel minor pain and bleeding. The dentist will prescribe you pain killers that you can take post-extraction to relieve the pain. It is advisable that post-extraction, you avoid driving, work out, and take complete care.

### 24 to 48 hours post-extraction

After the first two days post tooth extraction, you have to take utmost care, as this is the time when your teeth undergo the most healing. When you are resting, **make sure you use additional cushions to avoid the blood pooling into your mouth. Change the gauze every few hours, as gauze helps in blood clotting.** Take proper medication as prescribed by the doctor. Do not take an overdose, as it might affect the extraction site and lead to discomfort.



## Three days post-extraction

After three days of your tooth extraction, keeping the clot in the proper place is essential. This requires extra hygiene to increase the rate of the healing process. **You have to rinse the site with saline solution (a solution of salt in lukewarm water).** If you gently rinse, it would **prevent the growth of bacteria in that place.** You can gradually start brushing your teeth with a soft hand and avoid the extraction site.

## One week post-extraction

After almost a week, your clot should be fully healed and will be in place. Depending on your tooth extraction process, stitches might be placed. If the stitches are non-dissolved, they will be removed by the dentist. Else, the stitches will disappear automatically. **Mostly, there is no pain, bleeding, or swelling during this time, but if any of this happens, it is advisable to contact your dentist.**

## Two weeks post-extraction

Almost after two weeks, sockets will be healed, but there are chances that the site might get infected or may rupture the new layer of gum tissues that had been formed during the healing process. The tissues in the extraction site are tender and prone to breakage. **Make sure you do not brush this site and avoid chewing gum and smoking for a faster healing process. As said, you can rinse with salt water to clean the area.**

## Three to four weeks post-extraction

After about a month, the healing process of tooth extraction is essentially complete. You may still feel a bit of pain or sensitivity at the site of your tooth extraction. At this time, you have to take utmost care that you **do not let food or debris pile up in the empty place. So after consulting your dentist, you can start brushing your teeth at the site of extraction.**

## How to deal with post-extraction pain?

A few days after your tooth extraction, you will feel pain and discomfort at the extraction site. So, ask for medication from your dentist and take painkillers. **You may even find a bit of swelling on the face, so apply some ice packs on the outer side of the extraction site.** Even after several days of extraction, if you feel pain and discomfort, kindly contact your dentist. They will look for any infection and remove it.

## Things to avoid after tooth extraction



After your tooth extraction, there are few things that you should avoid:-

- **Do not brush your teeth** for about a week so that your teeth can heal.
- **Do not smoke.** The suction force needed to puff on a cigarette or drink using a straw creates intense pressure on your mouth, leading to severe complications like removing the blood clot. You must avoid having both these things for the first few days after your tooth extraction.

## Foods to eat

After the tooth extraction, due to pain and swelling, it is recommended you consume liquid food like:-

- **Soup**
- **Tea**
- **Applesauce**
- **Broths**

You can even add smoothies to your food, but you must eat them with a spoon. As your tooth starts getting healed, you can add solid foods into your diet. But till you do not get relief, it is advisable to consume soft and liquid nutrition.

## When to consult your doctor

- It is also essential to consult your dentist if you feel any of these after your tooth extraction:
- Pain in the site even after medication
- Swelling and bleeding.
- Pain in different places in the mouth.
- If the teeth near the extraction site break.

## Conclusion

So, for the complete healing process of tooth extraction, it would take about one month, and you will be able to have your regular diet. The healing process may depend upon your oral diet. Gradually, in the site, new muscles and gums would grow and heal.

If you remove the tooth, it will affect your biting and may shift teeth. You can consult your dentist to replace the tooth with the help of implanting, denture, or fixed bridging.

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