

Proper Tooth Extraction

Acknowledgement: quotations below are excerpted from the book *Tooth Truth*, by Frank Jerome, DDS, pages 360 to 361, from the section entitled *Pulling Teeth Can Cause Problems*.

Removal Protocol “Teeth are not directly attached to the bone. There are three layers of tissue between the tooth and the bone: The periosteum, a tough thin layer that surrounds every bone; the cementum, a thin layer that covers the dentin of the root; and the periodontal ligaments, which are tiny, but numerous, fibrous connectors between the cementum of the tooth and the periosteum. **at least a millimeter of the bony socket’s surface layer should be removed**, and the dentist should get **down to healthy bone**, producing a healthy red blood color. That is the healthy bone that is capable of producing new bone.”

“Those three layers lose their purpose once the tooth is removed. ...if left (after the tooth is extracted) these tissues form a barrier to complete healing. The new blood vessels that should form after an extraction are stopped by the remnants of the tough periosteum. Without these new blood vessels, new bone cannot form. Therefore, it is important that the dentist clean the surface of the bone (bony socket) so there are none of these tissues left to interfere with healing.

...cleaning all tissues except healthy bone requires both cleaning with hand held instruments and both high speed and slow speed drills. All the while, the area must be flushed with antiseptic solutions or sterile water. ... the dentist must sterilize clean all the extra instruments. Any tissue left (except healthy bone) may interfere with complete healing.”

“Instruct the patient to use hot compresses, not cold, because cooling the site reduces the number of white blood cells available to attack bacteria that have invaded the socket and bone. ...Cooling the area allows them a head start that may cause much trouble.Excess bleeding (due to the hot compress) does not seem to occur and might make the platelets work better, creating a more solid clot.

Control bleeding If there is any post-op bleeding that requires more than one gauze pad, the homeopathic ferrum phos is given. The bleeding seems to come under control in seconds - it works like a charm.”

Pain For pain and to prevent pain, use other homeopathics, for pain: arnica, ruta and hypericum.” In addition to fighting pain, arnica also helps fight off infection, reducing the need for antibiotics. Hecla lava is a good homeopathic for building new bone.

“It is common for patients to not need any further pain relief. The occurrence of post operative infections is almost non-existent.” Take extra vitamin B complex before, during and after any surgical procedure; vitamin B1 is very helpful in preventing and reducing post surgical pain.

Should the extraction site be packed with bovine bone or human cadaver bone?

Before the dentist starts the work of extracting a tooth, the patient should discuss whether he/she wants to have the site packed with bovine bone, human cadaver bone, or a synthetic material. The simplest, most natural option is to *not* pack it with anything at all and just let the blood clot form the basis for growing the new bone that is needed to fill in the extraction site. Bovine bone material that was packed into an extraction site will often still show up on an x-ray a year later, indicating that it did not easily dissolve and integrate into the natural bone; bovine bone and even human cadaver bone would be foreign to your body and may trigger an auto-immune reaction.

Hormonal health, sunshine, nutrition. Growing new bone is partly a function of avoiding toxins such as fluoride, having good hormonal health (e.g. thyroid hormone and leptin) and also having good nutrition; vitamins C and D (D3 form) are important as are protein and minerals such as calcium, magnesium, zinc, and trace amounts of strontium and boron. Calcium by itself is not the entire solution, as many other things factor into our ability to grow healthy new bone.