

Healthy People

Tooth Extractions

Practicing good oral health can help to keep your teeth and gums healthy for a lifetime. Sometimes, however, it is necessary to have a tooth pulled (also called an extraction). Some reasons for needing an extraction are overcrowding, disease, or trauma. If your tooth can not be saved, it will likely need to be extracted. The dentist will first numb the area to lessen any pain or discomfort. After the procedure, there will likely be some bleeding but that should stop fairly quickly by applying a gauze pad with a little bit of pressure.

The American Dental Association provides some tips to making recovery easier after an extraction:

- Avoid anything that might prevent normal healing
- Don't smoke
- Don't rinse your mouth vigorously
- Avoid drinking through a straw for 24 hours
- Brush and floss your other teeth as usual but don't clean the teeth next to where the tooth was removed

If you experience swelling, apply a cold cloth or an ice bag and call your dentist right away. Be sure to follow your dentist's recommendations for follow up care.

Mouth Healthy Recipe

Black Bean and Salsa Soup

Ingredients:

- 1 (15 ounce) cans black beans, drained and rinsed
- 1.5 cups vegetable broth
- 1 cup chunky salsa
- 1 teaspoon ground cumin
- 4 tablespoons sour cream
- 2 tablespoons thinly sliced green onion

Directions:

- In a food process or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.
- Heat the bean mixture in a saucepan over medium heat until thoroughly heated.
- Ladle soup into 4 individual bowls. Top each bowl with 1 tablespoon of sour cream and ½ tablespoon green onion

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