

Wisdom extracted, help also chronic headaches

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Hi everyone!

I am new here.

I am a female 26yo, not smoked for 16 months, off the pill for 2.5 weeks before extraction (heard this plays a role, estrogen levels?). I am from Sydney Australia. Never had a filling or extraction before, only cleaning and checkups.

3 days ago I went to my local dentist and had my left upper wisdom tooth extracted under local anaesthetic, it did not appear to be particularly troublesome for the dentist and quite quick. It was partially erupted, it had been trying to come out for about 18 months and he said it was pointing really forward towards my cheek! He actually said "that's it you are all done!" I laughed, I thought he was kidding but there was the tooth! It had a big brown ring around the middle of it and he asked whether I had antibiotics as a child, no idea what that was about?... anyhoo...

I am TERRIFIED of getting a dry socket. I was not give a single bit of post care advice, just handed a spare gauze and was told "she'll be right in 30 minutes". I went home and changed the gauze, the bleeding did not stop for about 10 hours? I called up and the dental assistant and she said bleeding up to 2 days is ok? I did not get a stitch at all for the hole.

I got on the internet and learnt all about what not to do, no sucking, spitting, no straws, smoking, hard foods, rinsing for 24 hours etc. I did my very best to stick to all these rules but in the first 2 days did sneeze and blow my nose? I have read this can dislodge clots?

I am going on a holiday in another 4 days (so that will be 7 days post extraction) and it is to tropical Darwin so there will be much drinking and fun. I have some questions that have been stressing me out a lot these last few days and hope someone can please help put my mind at ease! I can barely think on much else at the moment!

1. How long until you are out of the woods/risk of dry socket?
I have read 3-4 days on some websites but then others say dry socket

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can happen anytime in first few weeks?

2. How fragile/easy to dislodge these clots is it? Should I be scared rinsing with salt water?

3. Not sneezing and blowing nose, for how long?

<http://www.dentalfearcentral.org/healing.html> does not stipulate.

4. How long will this hole take to close up enough for me to stop fearing dry socket, eat properly?

Also for the last 18 months I have had chronic constant headache (24/7/7 days a week) dull aching on the left temple, just above where the wisdom tooth has just come out. I have in this time been to the optometrist, physio, acupuncture, neurologist, had cat scans, MRI, gone off the pill etc all to ease this chronic headache, no pain medications (prescribed and over the counter) have provided relief. The dentist did not find it likely that the wisdom tooth would have caused it but it is just so close to where the headache is I couldn't help but hope that removing of the tooth would help it. Since extraction I have had the headache L but am wondering if that might just be some residual nerve shifts?

Do you guys have some thoughts on this headache? Please help.

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