

Tooth Extraction Checklist

by Debug Your Health, November 2017, updated March 2021

Find a practitioner:

- ☐ Removes the periodontal membrane.
- ☐ Uses ozone during the procedure for washing & cleaning.
- ☐ Does PRF or equivalent technique.
- ☐ Does not force the jaw open.
- ☐ Does ozone injection immediately after stitching up the surgery site, and also post-op. Bonus points if they inject Traumeel after stitching too.
- ☐ Does not drill into the sinuses through the mouth, or puncture the sinus membrane.
- ☐ Bonus points if they offer Vitamin C IV drip during the procedure.
- ☐ Bonus points if they use Carbocaine 3% plain and no Lidocaine.
- ☐ Check reviews on the practitioner - online and offline.

Pre-Op:

- ☐ Osteopathic or other cranial practitioner treatment.
- ☐ Eat well.
- ☐ Sleep well.
- ☐ De-stress.
- ☐ Request days off work - 2-3 post surgery.
- ☐ Check & correct vitamin and mineral deficiencies.
- ☐ 4g oral Vitamin C and 10kIUs Vitamin D3 starting a week before extraction. Vitamin K2 may also be helpful.
- ☐ Order essential healing remedy: [Body Mend](#). Optional remedies: [Dental Chord](#), [Bacteria Chord](#), [Lymph Tone III](#) and [Adrenal Terrain](#).



Immediate Post-Op:

- ☐ Gently swish with ozone water, colloidal silver, activated charcoal, warm salt water, or any other anti-microbial after every meal for at least the first week.
- ☐ Vitamin C - 25g-30g IV drip if possible. If not, then oral liposomal of 10grams.
- ☐ Body Mend - 5-10 drops orally every few hours.
- ☐ Traumeel topically on the cheek / skin outside the surgery site.
- ☐ Ice on & off for 20 minutes.
- ☐ Eat soft foods that are not spicy. Do not use a straw.

Long-Term Post-Op:

- ☐ Osteopathic or other cranial practitioner treatment.
- ☐ Body Mend - This remedy can still be necessary up to 3 months after surgery.
- ☐ Drainage and detox remedies will depend on the person and the bacteria. Try the drainage remedies ordered in the Pre-Op. 5-10 drops twice a day.
- ☐ Depending on the person/situation ozone injections may be needed. Use muscle testing to determine necessity. Possible Ozone Injections at the following intervals:
 - 1 week
 - 2 weeks
 - 3 weeks
 - 4 weeks
 - 6 weeks
 - 8 weeks
 - 10 weeks
 - Possibly more frequently and for a longer time, depending on symptoms, person and testing
- ✧ Skin brushing from the head down into the lymph watersheds in the chest (optional).

