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## The Ögram System of Tooth Removal

Here is what **you** can expect when you have a tooth removed utilizing our tooth removal procedure:

- 1 - Routine administration of local anesthesia, i.e., we will be sure you are numb in the area.
- 2 - After a few minutes depending on the area, we will test the area for adequate anesthesia and delicately separate the gum from around the tooth.
- 3 - In some cases clearing the contacts of the adjacent tooth or teeth is necessary to allow rotation, using the dental drill (usually quick and easy).
- 4 - “**Microluxation**,” which is simply applying a force, either rotation, or movement left or right and holding that for approximately 45 seconds. The purpose of this is to stretch the ligaments that connect the tooth to the bone.
- 5 - Then there is a **wait time** of 10-12 minutes. Over this time, the ligaments actually begin breaking down. In some cases this step needs to be repeated.
- 6 - After this wait time, and in most instances, the tooth can be removed in just a few minutes with gentle rocking, rotation or elevated out with instruments.
- 7 - In some more complicated cases with molars or decayed teeth, **after** the Microluxation, the roots will be separated and removed one at a time or separately.
- 8 - Sutures are rarely needed with the Ögram System. In instances where the removed tooth leaves a large opening (some molars) we will place sutures that may resorb or may have to be removed by us at a later date.

If you have any questions or concerns about this information or about an extraction that you need or a recent extraction, please do not hesitate to contact us.

Ph: 305 743 3410 Email: [marathondental@bellsouth.net](mailto:marathondental@bellsouth.net)

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### **Post Op Instructions: Home Care Following Tooth Removal**

Before your tooth is removed you had local anesthetic to ensure your comfort. This may leave your lips, teeth and tongue feeling numb after the appointment for 1-2 hours. The initial healing period usually takes 3-4 days. Many patients take an analgesic like Ibuprofen the “day of,” the extraction and that’s all that is necessary.

\_\_\_\_\_ If your extraction was difficult and/or if you are having pain, applying an ice pack - 20 minutes on, 20 minutes off – will help. Take Ibuprophen/Advil.

\_\_\_\_\_ After your extraction, try to keep your head elevated with pillows to control bleeding. Change the gauze as necessary, and use them until the bleeding stops completely. You can also bite gently on a moist tea bag for 20 minutes to control bleeding. Moisten new gauze with water.

\_\_\_\_\_ Do NOT smoke during the first 24 hours after surgery.

\_\_\_\_\_ Relax and avoid all strenuous activities for the first 24 hours following surgery.

\_\_\_\_\_ Eat only after your numbness wears off and limit your diet to soft foods for the first 48 hours.

\_\_\_\_\_ 24 hours after the procedure, you may start rinsing gently with a warm salt-water solution (dissolve one teaspoon of salt with one cup of warm water). You should do this 2-3 times each day for 2-3 days.

\_\_\_\_\_ A blood clot will form in the extraction site, which is vital to the healing process. To keep the clot intact, avoid touching the extraction site with your tongue or fingers, do not drink liquids through a straw, and do not rinse or spit vigorously.

\_\_\_\_\_ Be sure to brush and floss the other areas of your mouth as you would normally. The space left by the tooth will feel a bit strange to you at first. It’s possible that sharp bone fragments may work up through the gums during healing. These are not roots; eventually, new bone and gum tissue will grow into the gap left by the extraction.

**If you have any problems or question call our office.**  
**After hours call Dr. Kiefer @ 305 731-9554**

## The History of the Ögram System

The Ögram System began with a “clean sheet of paper” to determine how modern science could provide and utilize the latest biologic and scientific information to reduce the trauma of extractions, breakage of teeth during extractions and reduce post-op discomfort.

An extensive team of professionals from many scientific disciplines in the U.S. and Europe collaborated during the six years of development with Gunnar Philipp as team leader. Gunnar is a biological engineer, not a dentist!

The team consisted of specialists in biology, histology, stomatology, dental anatomy, radiography, bioengineering, physics, geometry, mathematics and dentists from various specialties. This was the first scientific exodontia (tooth removal) effort of its kind in the history of dentistry.

The product of this research was that now dentists can remove the majority of difficult non-impacted teeth, without reflecting a flap, trenching (drilling bone), in much less technique time. Simply put, there is no other tooth removal method that carries these distinctions offering so much to patients.

Our experience since incorporating the Ögram System in 2005 has been that our patients require less pain medicine following tooth removal and most often no pain medicine is needed. Another reason for this is that Mucoperiosteal flaps (reflecting the gum), which also causes bone loss, is rarely needed.

Dental schools in Berlin, Cologne, and Heidelberg completed independent Ögram System studies and Ögram was clinically proven to have exceeded its goals and was shown to be easy to implement in dental practices. Over 85% of non-impacted teeth extracted were trauma free to surrounding tissues using the Ögram protocols compared to less than 9% using conventional tooth removal protocols.