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## Teeth extraction discussion and how to reverse it (GTFIH if you had extractions)

Thread Modes



**Saiyan**  
Senior Member



Posts: 447  
Threads: 63  
Joined: Jan 2016  
Reputation: **170**

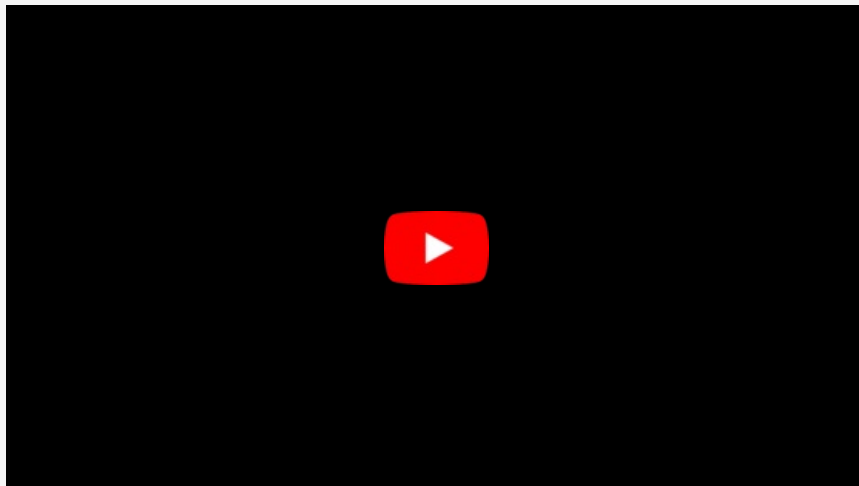
02-29-2016, 02:23 PM (This post was last modified: 02-29-2016, 02:26 PM by Saiyan.)

#1

Is it true that teeth extractions can ruin your face?

**Absolutely.**

Having extractions is the worst thing you can do to your appearance. In this video Dr Mew talks about the consequences of having teeth extracted:



### So what are the consequences?

- Sunken face (your teeth move backwards into gaps created by pulled tooth)
- Narrow smile (smaller palate)
- "Long face" (vertical growth rather than horizontal)
- Less lip support (due to teeth being pushed backwards). This is important. Teeth is what gives you that "full" look in your lips. Many people are getting lip fillers without realising the real cause of their non-existent lips.

This article shows that actual bone loss can occur when tooth is not replaced:

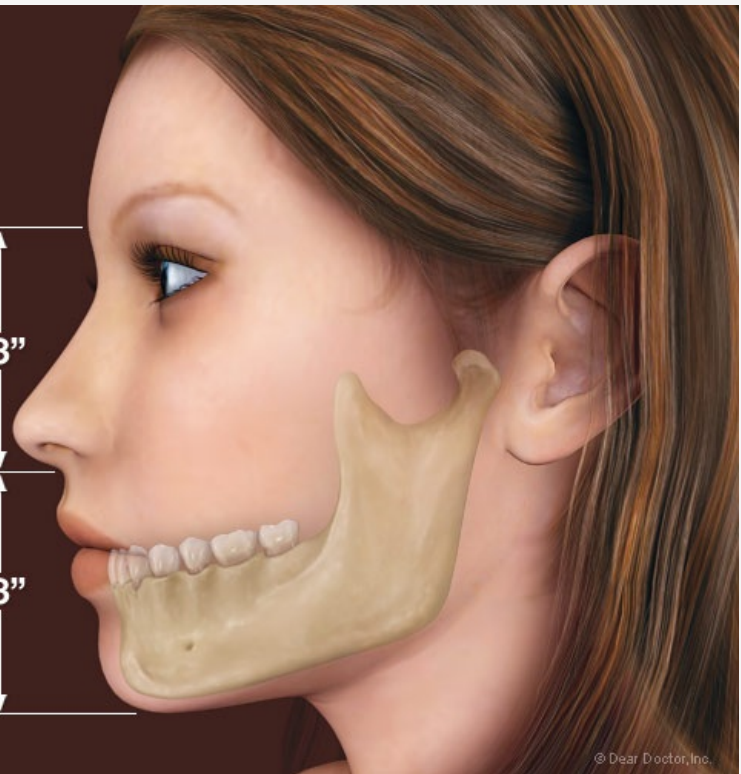
**Quote:**

As bone loss progresses, the loss of facial support is more pronounced:

**30**  
year old

Facial structures are properly supported and in natural proportion maintaining a youthful appearance

3"  
3"

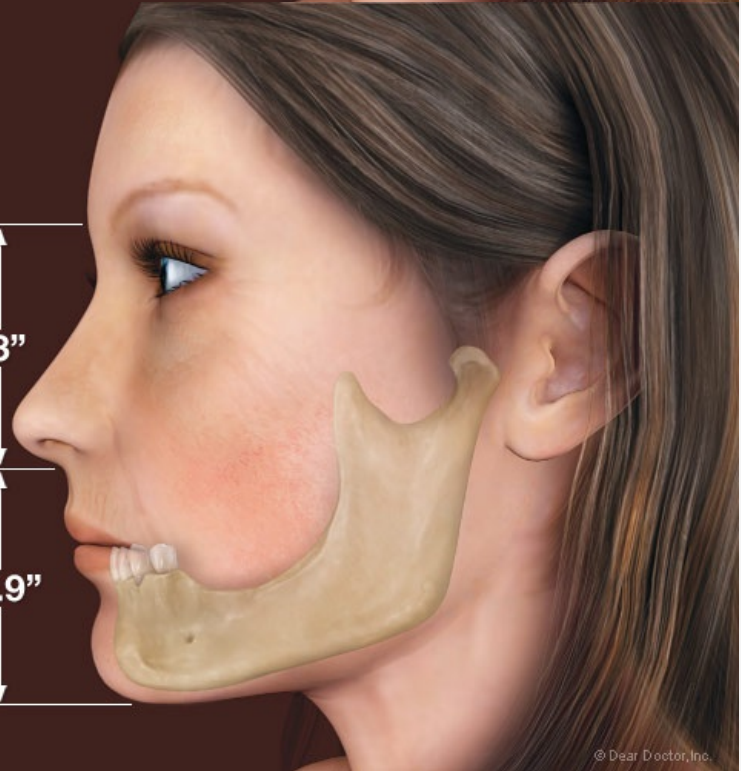


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**45**  
year old

Loss of teeth resulting in subtle structural changes (cheeks can sink-in slightly) even at the age of 45.

3"  
2.9"



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# 60

year old

As bone loss progresses, the loss of facial support is pronounced. The cheeks and lips lose their support creating a more aged look.

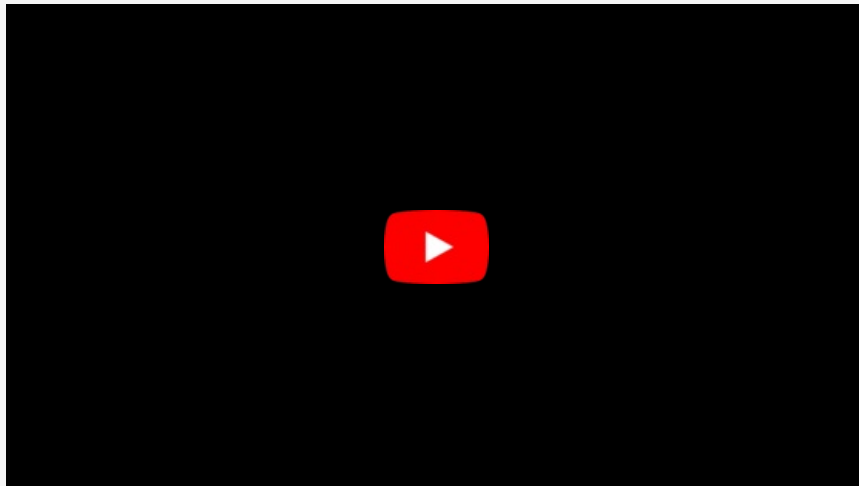


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### Can extractions be reversed?

Yes. This is what i am doing right now and what many people have done before. (<http://claimingpower.com/reverse-extract...ss-report/>)

The key is to re-open spaces between extracted tooth by pushing the teeth forward (using braces or expanding appliances ALF/biobloc) and placing implants to prevent further movement (you need around 6mm of space for implants). This video shows exactly how it should be done:



Only problem is finding doctor that is actually willing to open the gaps for you. 80% of orthodontists will turn you down because either they have no experience doing this or will tell you that you need jaw surgery (which is an option as well but costs a lot more).

Statistic shows that **74% of all adults in UK** have had at least one tooth extracted at some point in their life.

Maybe you should stop blaming genetics for your subhuman lower third and instead look for reasons that caused it.

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I found pics of this girl from another forum. She is in a process of re-opening spaces and moving forward her upper teeth.

Before extractions:

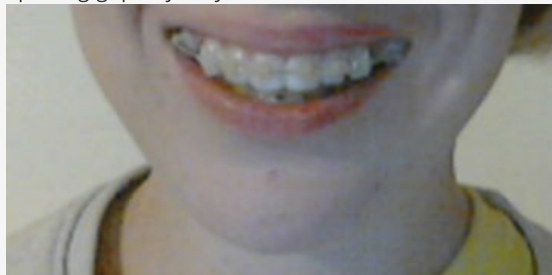


Some time after extractions of upper teeth:



As you can see she lost a lot of lip support (thinner lips), her smile is narrow and dark corridors are visible (narrow palate). Lower part of her jaw still seems okay because she did not have any teeth pulled from there.

She decided to reverse previous orthodontic treatment and re-open the spaces. Here are the results after pushing her upper teeth forward and opening gaps by only 4mm:



Lip support is back. Notice how much volume her upper lip has in comparison to previous pic.

Wider smile (expanded palate)

No more dark corridors

Her face looks aesthetically more pleasing

Original thread: <http://www.archwired.com/phpbb2/viewtopic.php?t=45738>



**Schmaltz**  
Member



Posts: 230  
Threads: 15  
Joined: Nov 2015  
Reputation: **340**

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02-29-2016, 04:36 PM

#2

What about wisdom teeth removal? I heard some models remove wisdom teeth to get their cheeks more hollow

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**Temoc**  
Senior Member



Posts: 938  
Threads: 14  
Joined: Oct 2015  
Reputation: **35**

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02-29-2016, 04:47 PM

#3

**Schmaltz Wrote:** → (02-29-2016, 04:36 PM)

What about wisdom teeth removal? I heard some models remove wisdom teeth to get their cheeks more hollow

In the past they removed their damn second molars. Wisdom tooth removal makes no difference.

Reply



**thor**  
Senior Member



Posts: 437  
Threads: 17  
Joined: Oct 2015  
Reputation: **490**

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02-29-2016, 06:36 PM

#4

How much time do you have after extraction until the tooth hole is refilled and implants are no longer possible?

Reply



02-29-2016, 07:55 PM

#5

**thor Wrote:** → (02-29-2016, 06:36 PM)

How much time do you have after extraction until the tooth hole is refilled and implants are no longer possible?

**Saiyan**

Senior Member



Posts: 447  
Threads: 63  
Joined: Jan 2016  
Reputation: **170**

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Good thing is that teeth move at a really slow rate so there is time to react. I had my lower teeth extracted about 5 months ago and they only closed tiny bit.

Reply



**Iltvyr**

Mega Super Poster



Posts: 2,232  
Threads: 370  
Joined: Jul 2015  
Reputation: **459**

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02-29-2016, 11:48 PM

#6

**Schmaltz Wrote:** →

(02-29-2016, 04:36 PM)

What about wisdom teeth removal? I heard some models remove wisdom teeth to get their cheeks more hollow

i've heard of this too. don't they still do it?

Reply



**Schmaltz**

Member



Posts: 230  
Threads: 15  
Joined: Nov 2015  
Reputation: **340**

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03-01-2016, 03:17 AM

#7

**Temoc Wrote:** →

(02-29-2016, 04:47 PM)

**Schmaltz Wrote:** →

(02-29-2016, 04:36 PM)

What about wisdom teeth removal? I heard some models remove wisdom teeth to get their cheeks more hollow

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**Iltvyr Wrote:** →

(02-29-2016, 11:48 PM)

**Schmaltz Wrote:** →

(02-29-2016, 04:36 PM)

What about wisdom teeth removal? I heard some models remove wisdom teeth to get their cheeks more hollow

i've heard of this too. don't they still do it?

No clue if its actually true. I'm more concerned though if removing wisdom teeth make jawline or palate worse. My dentist told me I may eventually have to remove my top and bottom wisdom, which worries me.

Reply



**Temoc**

Senior Member



Posts: 938  
Threads: 14  
Joined: Oct 2015  
Reputation: **35**

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03-01-2016, 03:51 AM

#8

**Schmaltz Wrote:** →

(03-01-2016, 03:17 AM)

**Temoc Wrote:** →

(02-29-2016, 04:47 PM)

In the past they removed their damn second molars. Wisdom tooth removal makes no difference.

**Iltvyr Wrote:** →

(02-29-2016, 11:48 PM)


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No clue if its actually true. I'm more concerned though if removing wisdom teeth make jawline or palate worse. My dentist told me I may eventually have to remove my top and bottom wisdom, which worries me.

Hardly...especially if there is not enough space to begin with.



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