



## JOURNAL ARTICLE

# VITAMIN C AND DENTAL HEALING

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*Social Sciences*

## VITAMIN C AND DENTAL HEALING

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**ABSTRACT:** *The potential therapeutic value of ascorbic acid in facilitating the recovery from oral surgery is investigated through the computerized statistical analysis of clinical and demographic data on 452 consecutive tooth extraction patients who visited a dental clinic in Miami, Florida. The 277 patients who were prescribed vitamin C post-surgically exhibited significantly more rapid healing than the 175 control subjects who received none. The incidence of alveolalgia ("dry socket"), a painful and troublesome extraction complication, was over five times lower in the sub-sample receiving vitamin C. Age, sex, occupation and health history were not statistically correlated with healing rates. Recent research indicates that ascorbic acid might enhance dental healing by stimulating the immune system and hastening the proper formation of scar tissue.*