

Performance

When migrating content, **suspend cache invalidation and flush the cache afterwards.**

With that in mind, the following optimisation reduces the number of database queries to 1:

```
-[]$post_data = [  
-[]'ID' => $post_id,  
-[]'post_content' => $content,  
-[];  
-  
-[]$updated = wp_update_post( $post_data, true );  
+[]$updated = $wpdb->update(  
+[]$wpdb->posts,  
+[][  
+[]'post_content' => $content,  
+[]],  
+[][  
+[]'ID' => $post_id,  
+[]]  
+[]);
```

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