

Some useful advice following extractions

Always remember a clean and healthy mouth heals more rapidly than a neglected one. The following steps will help to prevent bleeding and relieve soreness...

- Avoid strenuous exercise or bending and lifting for a few hours.
- Avoid hot fluids, alcohol, hard or chewy foods. Cool drinks and soft foods should be OK but avoid the sore area. Avoid over-rinsing the socket.
- Oozing of blood around any stitches is quite normal, however should the wound start to bleed, sit down, but do not lie down, roll some clean linen or gauze into a sausage shape to make a compress, place this on the bleeding point and bite firmly onto it for 5-10 minutes, longer if necessary. If this does not help, contact the surgery for advice.
- You may feel the sharp edge of a socket, and occasionally small bone splinters may work loose, this is normal.
- Some swelling may occur, and some bruising. Early paracetamol will help, as well as reducing the pain. You could also use Ibuprofen, but NOT aspirin. Be sure to follow the recommended dosage.
- Antibiotics and mouthwashes may have been prescribed if there is a risk of infection. Follow the instructions carefully and complete the course, even if you are feeling better.
- On the day after treatment, hot salt water mouthwashes may be used to bathe the wound, particularly after meals. Avoid vigorous rinsing which may disturb the healing socket.

If you are concerned about your recovery, contact the surgery for advice on

017683 71250

(Outside surgery hours the answerphone will tell you the number of the dentist on call)

What does it cost?

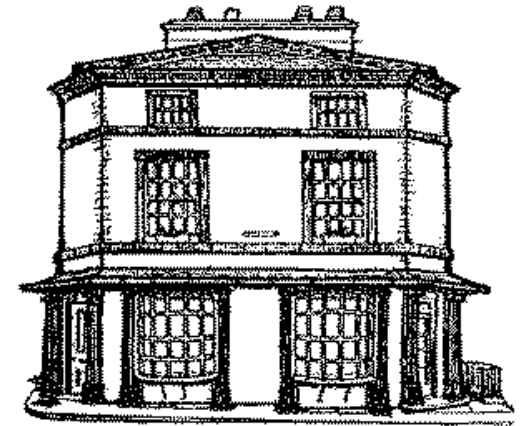
If you are registered with us as an NHS patient, treatment is free, if:

- 1 You are under 18.
- 2 Pregnant or a new mother.
- 3 In a family receiving Income Support or Family Credit.
- 4 On a low income with an exemption certificate (Form AG1)

Private patients can pay for wisdom teeth removal on a time basis, see our pricelist for details.

Members of Denplan have the benefit of removal being built into their Health Plan, providing the treatment does not need referral to a specialist, and wisdom teeth can be removed after six months' membership, usually under Local Anaesthetic at the practice.

WISDOM TEETH



The Dental Practice
Market Square
Kirkby Stephen
CA17 4QT

Tel: 017683 71250

MISSED APPOINTMENTS

We charge for missed appointments without a reasonable excuse to help cover our practice expenses. At the moment we operate a nominal charge of £20 per broken appointment.

Please let us know 24 hours beforehand, if you or your child cannot attend an appointment.

If requested we will confirm a long appointment by telephone the day before.

I have read and understood the leaflet 'Wisdom Teeth' and accept the possible complications of extraction.

Signed:.....

Name:.....

Address:.....

.....

Date:.....

Why do we have wisdom teeth?

Adults can have a maximum of 32 teeth. The wisdom teeth are the last to come through at the back of the mouth, usually between the ages of 18 and 22, although sometimes they may appear many years later.

Commonly people have jaws that are too small for all 32 teeth, so if all other teeth are present and healthy there may not be enough space for the wisdom teeth to come through properly.

Do they always cause problems?

No. If there is sufficient room for them in the mouth they can satisfactorily stay there. But if they are tilted (impacted) and food collects around them, they may already be causing trouble or are likely to in the future.

What problems do impacted teeth cause?

If there is not enough room, the wisdom tooth may partly erupt and get stuck against the next back tooth. Food collects in the area, the gum may become swollen and infected, and the wisdom tooth and its neighbour may even decay. They often cause bad breath.

But sometimes the soreness gets better?

When the wisdom teeth erupt into the mouth they often hurt a little. This is not too bad, and it often goes away when the tooth is fully erupted in the mouth, a sort of 'teething pain' in adults. Using a hot salt-water mouthwash (1 tsb. salt in a tumbler of comfortably hot water) every few hours, will normally ease the problem within a day or two.

But if it does not help?

If the pain does not go away or if you find it difficult to open your mouth, then you should see a dentist who will usually be able to clean the infected tooth and prescribe something for you. It

may be necessary to make arrangements to remove the offending tooth.

Are x-rays needed?

It is essential that the dentist knows how the wisdom tooth lies in your jaw, so he can decide the best way to remove the tooth. One or more x-rays films will be needed.

Do I have to have my wisdom teeth out?

Many people have no problems with their wisdom teeth and therefore may not need to have them out. However, some which are not causing any trouble may harbour potential problems, and you should ask your dentist for advice.

Are wisdom teeth difficult to take out?

It all depends on the position and root shape. Upper wisdom teeth are usually quite straightforward to remove, but lower ones can be complicated, some patients needing to be referred to an Oral Surgeon at the nearest Dental Hospital. Your dentist can give you an indication of how it might be after looking at the x-rays.

Will it make any difference to my face or mouth?

Removing wisdom teeth will produce some swelling and in some cases bruising of the face for a few days, and a little difficulty in opening the mouth widely. These problems resolve themselves within a few days, and the discomfort can be controlled with paracetamol. Stitches are sometimes used to allow complete healing and these are easily removed after a week.

In a few cases after the removal of difficult lower wisdom teeth, there may be some tingling or numbness of the lower lip or tongue. In rare cases this can be permanent.