

YOUR SMART GUIDE TO WISDOM TEETH



A complete guide for parents, students, and
professionals about wisdom teeth removal

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WHAT ARE WISDOM TEETH?

Wisdom teeth are also known as third molars. The wisdom teeth usually start to erupt through the gums between the ages of 17 and 25. Most people have four wisdom teeth, but you may have more or fewer. Wisdom teeth serve very little purpose in today’s world, but our ancestors needed them to grind up the fibrous raw plants that made up much of their diet.

THE EVOLUTION AWAY FROM WISDOM TEETH

During hundreds of thousands of years of human evolution, the jaws gradually became smaller in response to changes in the human diet. This change in the shape of the jaw has led to there being less space for extra molars, and indeed many people currently have problems with their wisdom teeth due to crowding in the back of the mouth.

Because wisdom teeth often cause pain and swelling and can sometimes become stuck (impacted) in the jaw which leads to infections, your dentist might recommend that you have your wisdom teeth removed. Alternatively, if your wisdom teeth are not currently causing you any problems, your dentist might suggest leaving them in place and monitoring their development. This guide will give you the information you need to make appropriate, informed decisions about managing your wisdom teeth.

HOW THIS GUIDE WILL BENEFIT YOU

If you are beginning to develop wisdom teeth, are experiencing problems with your wisdom teeth, or are just curious to learn more, then this guide is for you.

By reading this guide, you will learn:

- Why wisdom teeth sometimes need to be removed
- About the wisdom teeth removal procedure
- How to care for yourself after wisdom teeth extraction
- How to decide whether to have your wisdom teeth removed
- How to choose your oral surgeon that will carry out the extraction

WHY ARE WISDOM TEETH REMOVED?

Wisdom teeth can be removed to prevent serious dental problems from developing. Often, they are difficult to clean due to their location at the back of the mouth; wisdom teeth provide a perfect breeding ground for the bacteria that cause tooth decay and other oral hygiene problems.

Here are some of the most common complications caused by wisdom teeth:

- **Inflammation:** The soft tissue around the wisdom teeth can become painfully inflamed, due to infection.
- **Cavities:** Wisdom teeth are difficult to clean and are therefore very susceptible to cavities, which are difficult to treat. The decay can spread to the second molar (the tooth next to the wisdom tooth) which may then need to be extracted.
- **Poor positioning:** Adjacent teeth can shift their positions in response to the presence of wisdom teeth.
- **Gum disease:** Impacted wisdom teeth are contained within the same gum tissue that supports the back molars. If this tissue becomes diseased, the molars may have to be removed, which can lead to difficulties with chewing.

Oral surgeons may recommend removing your wisdom teeth even if they are not currently causing you any problems. Typically, this would be a recommendation if your wisdom teeth show signs of potential future problems.

TYPICAL WISDOM TEETH POSITIONS

Wisdom teeth that have successfully broken through the soft gum tissue are described as erupted wisdom teeth. However, many wisdom teeth never emerge: these are known as impacted wisdom teeth.

Impacted wisdom teeth fall into two categories: soft-tissue impacted, in which the tooth is covered only by soft gum tissue, and bony impacted, in which the tooth has not completely emerged from the bone. Teeth that are completely covered by bone (full-bony impacted) are more complicated to extract than teeth that are only partly obscured by bone (partial-bony impacted).

Occasionally, impacted wisdom teeth can have an unusual position, which makes surgical extraction more difficult. If you have a wisdom tooth that is impacted or malpositioned, an experienced oral surgeon will be able to advise you on the surgical techniques that can be used to extract the tooth.

SYMPTOMS OF WISDOM TEETH THAT NEED TO BE EXTRACTED

Many oral surgeons recommend removing wisdom teeth even if they are not currently causing any problems, as a preventative measure against possible future complications. If the wisdom teeth are not removed during early adulthood, they should be carefully monitored for signs of problems developing.

The following symptoms are signs that your wisdom teeth may need to be extracted:

- Swelling and pain.
- Bleeding or pus that comes from the gum tissue around the back teeth.
- Abscesses or cysts around the wisdom teeth.
- Infection of the gum tissue, which can develop into periodontal disease or cause a fever.
- Crowding of the back teeth, which may be painful.



DEALING WITH PAIN AND SWELLING DUE TO WISDOM TEETH

Pain and swelling associated with the wisdom teeth can be signs of a serious problem. You should consult an oral surgeon as soon as possible. Until your appointment, you can manage the pain by taking over the counter pain medicine.

If you have difficulty opening your mouth, swelling of your gums, or pus, then it is likely that you have an infection. Seek urgent care from an oral surgeon, or your closest emergency room. If you have a life-threatening condition or swelling, call 911.

PLANNING YOUR TREATMENT

If your oral surgeon has told you that some or all your wisdom teeth should be removed, you can start to plan for your treatment. This section explains what you can expect to happen before, during and after your wisdom tooth extraction, including tips on self-care during recovery.

AAOMS POSITION ON WISDOM TOOTH EXTRACTION

The American Association of Oral and Maxillofacial Surgeons (AAOMS) recommends that wisdom teeth are examined by an oral surgeon during early adulthood. Having your teeth extracted when you are a young adult could greatly reduce your risk of gum disease and other health conditions later in life. If your wisdom teeth have fully erupted and healthy, you may choose to keep them, but you will need to clean and floss carefully to keep them free from disease. AAOMS recommends having regular X-rays to check on the wisdom teeth if you decide to keep them.

YOUR ORAL SURGERY APPOINTMENTS

Once the decision has been made to extract your wisdom teeth, you will undergo a series of appointments to plan and carry out the procedure.

NUMBER OF VISITS

The extraction process involves three visits to the oral surgeon's office:

1. Consultation: This is an opportunity to discuss the procedure and ask any questions. The oral surgeon will perform an oral examination and may take X-ray images of your wisdom teeth.
2. Surgery: Your wisdom teeth are removed while you are under sedation. Removing the four wisdom teeth takes around 30 to 45 minutes, but you will need another 30 minutes or so to recover from the anesthetic.
3. Follow-up appointment: Some patients need a five-minutes follow-up appointment a few days after surgery, the oral surgeon will check the healing progress of the gum tissue. Sutures may also need to be removed.

If your schedule is busy, you may be able to have the consultation and the surgery on the same day. You will need to discuss this with the office in advance to make sure they will be able to accommodate you.

X-RAYS NEEDED

During your consultation, the oral surgeon may take X-rays to get a clear view of the positioning of the wisdom teeth. A panoramic X-ray is taken using a machine that rotates around your head; this method of imaging is completely painless and noninvasive.

The oral surgeon may also do a CT scan to find out the exact positions of nerves and sinuses about the teeth to be removed. This painless, non-invasive scan gives the oral surgeon the vital information needed to perform a difficult extraction without complications.

ANESTHESIA TYPES AND OPTIONS

You will need some type of anesthesia to allow the oral surgeon to work in your mouth without pain. Most patients opt for IV sedation, which puts you to sleep during the procedure. Your vital signs will be monitored to make sure you are safe. It will take about 20-30 minutes for IV sedation to wear off after the procedure.

If you want to be awake during the procedure, you can have local anesthesia, which will make your mouth numb but you will be awake. There is also the option of laughing gas (nitrous oxide) which induces a sense of relaxation but leaves you conscious.

You can discuss anesthesia options with your oral surgeon during the consultation.

THE PROCEDURE

The wisdom teeth extraction procedure has been improved enormously in recent years by advances in the tools and technique used. Read on to find out about the extraction techniques that may be used to remove your wisdom teeth.

If your schedule is busy, you may be able to have the consultation and the surgery on the same day. You will need to discuss this with the office in advance to make sure they will be able to accommodate you.

EXTRACTION PROCEDURES

- **Incisions:** A skilled oral surgeon can remove a wisdom tooth that is hidden beneath the gum by making a very small incision in the soft gum tissue. Minimizing the size of incisions reduces recovery time, pain and swelling.
- **Drilling:** A surgical drill can be used to remove tooth and bone. The drills used during extraction procedures are high-tech surgical instruments that can very precisely target the tissue that needs to be removed without damaging surrounding tissues.
- **Sectioning:** Sometimes the oral surgeon may have to split an impacted wisdom tooth into small sections that can be removed separately.

Oral surgeons have a variety of specialized tools to help them perform extractions with a minimum of trauma. An experienced oral surgeon will be familiar with a wide range of situations and will know how best to tackle the extraction of your wisdom teeth.

WHEN IS BONE GRAFTING RECOMMENDED?

Bone grafts may be required if you have experienced bone loss due to infection, cysts or periodontal disease, all of which can weaken and destroy bone. A bone graft may also be needed if your wisdom tooth is horizontally impacted and pressed up against the roots of the adjacent molar; in this case, removing the wisdom tooth without performing a bone graft could leave an empty pocket which would cause problems for the remaining teeth and gums.

A bone graft can be carried out at the same time as the extraction procedure using either freeze-dried human bone, animal bone, artificially produced bone. Your oral surgeon will discuss bone grafting with you if it is needed in your case.



RECOVERY

Recovery from wisdom teeth extraction takes about a week. During this time, you can expect to feel some discomfort, but this can be managed with appropriate pain-relieving medication, a diet of soft foods, and resting so that the body has time to recover from the surgery.

- **Managing pain:** For 3-4 days after your surgery, you may require prescription pain medicine to relieve pain; after that period over the counter pain medicine can be used to deal with any remaining pain.
- **Swelling:** You can use ice during the first 24 hours to reduce swelling. The swelling will gradually reduce over a few days. You should expect the peak of the swelling to occur around 48 hours after the surgery and gradually decrease from there. Not all patients will experience swelling.
- **Medication:** As well as pain medication, you may also be prescribed antibiotics to take after surgery. Antibiotics reduce the risk of post-surgery infection.

POST EXTRACTION

It is a good idea to know what to expect after wisdom teeth extraction so that you know which recovery symptoms are normal, and which could be signs of complications. Although complications of wisdom teeth extraction are very rare, the following complications do occasionally arise.

POTENTIAL RARE COMPLICATIONS OF WISDOM TOOTH SURGERY

Complications that arise during surgery are very rare, and oral surgeons are well-trained in dealing with them.

- **Nerve Injuries:** The nerve that carries signals from the chin, lower lip and lower teeth to the brain is located close to the wisdom teeth. In most people, there is a space between the wisdom teeth and the nerve, but in some cases, this gap is not present. The nerve can become irritated during surgery, leading to your lips or lower jaw feeling numb for a few days or weeks following the procedure, but less than 1% of people experiencing lasting numbness. Damage to the nerve that serves the tongue is another rare complication of wisdom tooth extraction. Advanced imaging techniques, such as CT scanning, are being increasingly used by oral surgeons to check the positions of nerves before surgery starts, greatly reducing the risk of this type of injury.
- **Bleeding:** If excessive bleeding occurs during surgery, the oral surgeon will use pressure or sutures to control the bleeding.
- **Sinus Problems:** Extraction of the upper wisdom teeth can open holes connecting the sinus cavity with the pocket that the tooth is removed from. The oral surgeon can use sutures and packing to close the holes. Your surgeon may advise you to take precautions such as not blowing your nose for a few days if this complication presents in your case.
- **Root Fragments:** Wisdom teeth root tips sometimes break off during the removal procedure. Your oral surgeon may elect to leave the tips if they remain close to the nerve or if retrieving them may create further complications. A postoperative X-ray may be needed to check for small root fragments left behind. Fragments smaller than 2 mm do not usually cause problems, but their presence should be documented.

- **Other Medical Emergencies:** A very small number of patients have an allergic reaction or a drop in their vital signs while under anesthesia. You should inform your oral surgeon if you have a history of this type of reaction. All oral surgeons are trained in CPR and have the necessary equipment to deal with this type of medical emergency.

Oral surgeons have the best possible range of skills and experience to deal with complications that can arise during wisdom teeth extraction. Some dentists carry out wisdom tooth extraction, but complications may mean that the dentist has to stop and refer the patient to an oral the surgeon who has the necessary tools and skills to deal with a difficult extraction.

POTENTIAL COMPLICATIONS AFTER SURGERY

It is normal to experience some side effects after surgery. Learn to recognize the signs of post-surgery complications using this guide.

- **Bleeding:** Slight bleeding after extraction is normal. Biting down on gauze should help control it. Remember to eat soft foods and rinse very gently, so you don't disturb the site and trigger more bleeding.
- **Numbness:** You may have a slight feeling of numbness in your chin or lower lip. If this persists, tell your oral surgeon at your follow-up appointment. Most patients who experience numbness regain full sensation within 6-8 weeks.
- **Allergies:** You may have allergic reactions to the antibiotics; if this happens, stop taking the prescribed antibiotic and consult your oral surgeon who can prescribe a different medication instead. If you have a severe reaction, particularly if you have breathing difficulties, you should immediately call 911.
- **Nausea:** Feeling sick is a side-effect of some pain medication. You can either switch to a different medication such as acetaminophen or ibuprofen or take anti-nausea medication.
- **Infection:** Infection usually sets in 3-7 days after the extraction. It is normal to have swelling and pain immediately after surgery, but if the swelling increases 3-5 days after your wisdom teeth are extracted, you should phone your oral surgeon as this may be a sign of infection. Pus is another sign of infection, which can be treated with antibiotics.

- **Dry socket:** Occasionally, the blood clot in the extraction site can fall away, exposing the bone beneath. To prevent dry socket, follow your surgeon’s instructions regarding self-care after the surgery.

If you are concerned about any of your symptoms following wisdom tooth extraction, contact your oral surgeon, who can provide advice or prescribe medication that can help.

POST-OPERATIVE INSTRUCTIONS

This section of the guide is a summary of what you should do following wisdom teeth extraction to promote healing and speed up your recovery.

During the First 24 Hours

- Bite down on gauze until the bleeding stops.
- Apply an ice pack to reduce swelling; hold the ice against your face for 20 minutes at a time with 10-minute breaks in between.
- Avoid spitting.
- Don’t use a straw to drink.
- Don’t brush your teeth or rinse; the wound needs time to heal without disruption.
- Begin taking pain medication and antibiotics that have been prescribed to you.

During the First Few Days

- Get plenty of rest; your body needs time to recover from the anesthetic.
- From the day after surgery until two weeks later, rinse your mouth with water every two hours.
- Don’t smoke.
- Eat soft foods until you feel comfortable tackling more solid foods.
- Drink plenty of fluids to avoid dehydration.
- Complete your course of antibiotics, even if you feel completely well.

EATING AFTER WISDOM TOOTH EXTRACTION

Soft foods that do not require much chewing are recommended after your wisdom teeth are removed. You can follow a healthy diet while adhering to this recommendation by using the following suggestions of foods to eat after wisdom tooth extraction.

- Soup
- Yogurt
- Blended fruit smoothies
- Soft pasta or noodles
- Mashed potatoes
- Oatmeal
- Jello
- Foods and drinks containing ginger (a natural anti-nausea agent)

Try to include blended fruits and vegetables, as well as a source of protein, to give the body the nutrients it needs for healing. The lack of fiber in a soft-foods diet may lead to constipation. If so, you can take a mild laxative to restore normal bowel activity.

In addition to the above guidance, be sure to follow any specific instructions given to you by your oral surgeon. Recovery from wisdom teeth extraction can be uncomfortable, but within a few days, you should be feeling much better and able to your normal activities without pain.

YOUR WISDOM TOOTH DECISION

There are many decisions that you need to make regarding your wisdom teeth. The most basic decision is whether to have your wisdom teeth removed or keep them. It is best to think carefully about this decision while you are young, as extraction is easier before the teeth become firmly rooted, and also offers greater benefits regarding preventing decay and gum disease. You should always make decisions about your wisdom teeth through consultation with an expert in oral and dental health such as a dentist or an oral surgeon.

CHOOSING THE RIGHT DOCTOR

As well as oral surgeons, some dentists also offer wisdom tooth extraction as one of their services. This section looks at the relative merits of having your tooth extracted by an oral surgeon compared to a general dentist and advises choosing the right practitioner to meet your needs.



ORAL SURGEON OR A GENERAL DENTIST?

Oral surgeons have undergone specialized training for the removal of wisdom teeth. Many oral surgeons perform extractions every day, whereas most dentists carry out the procedure less often, which means that an oral surgeon will have much more experience than your general dentist in carrying out the procedure.

Another reason to have your wisdom teeth extracted by an oral surgeon rather than in a dentist's office is that all the tools and skills needed to handle complications will be on hand. Extractions that are expected to be straightforward sometimes end up being more complicated procedures, for example, if the roots of the tooth break apart and become stuck in the jaw bone. You don't want to run the risk of your dentist having to stop mid-procedure and refer you to an oral surgeon to complete the removal.

A key consideration for many patients is that oral surgeons have the necessary facilities and staff to provide IV anesthesia. This means that you can be unconscious during the procedure. A dentist will, of course, offer local anesthesia for pain relief, but you will still be awake throughout the extraction, which some patients find distressing.

Dentists and oral surgeons work together to look after patients' health. You can ask your dentist to recommend an oral surgeon who is skilled at performing extractions. You can also ask friends and family for recommendations or do your own research online.

CHOOSING THE BEST ORAL SURGEON

The oral surgeon you choose for your wisdom tooth extraction should be someone you trust and find it easy to communicate with. You need to know that you can feel comfortable in the hands of this professional so that the extraction will be as stress- free as possible.

The most important thing to look for when choosing an oral surgeon is board certification. The American Board of Oral and Maxillofacial Surgery (ABOMS) is the only board certifying body that certifies oral and maxillofacial surgeons. Board certification is given only to oral and maxillofacial surgeons who have undergone intensive training via a residency program, passed a qualifying written examination and have successfully challenged the Oral Certifying Examination (OCE). Oral and maxillofacial surgeons that become board certified are Diplomates of The American Board of Oral and Maxillofacial Surgery. Becoming a Diplomate is no easy task and typically takes 6 to 8 years to complete after dental school training. Choosing an oral surgeon who is board-certified gives you an assurance that the person working with your wisdom teeth has the necessary skills and experience to provide top-quality care.

Do not feel embarrassed to ask questions about your oral surgeon’s training or experience with the particular type of extraction surgery you will require. It is important that you feel at ease. If they do not tell you they are a Diplomate of the American Board of Oral and Maxillofacial Surgery, then they have not obtained the highest standards of modern practice.

ARE YOU A GOOD CANDIDATE FOR WISDOM TOOTH EXTRACTION?

The majority of people are good candidates for wisdom tooth extraction. Although it is better to have wisdom teeth removed before the age of 25, you can also have them extracted later in life, but the extraction might be more difficult because the roots are more likely to be fully formed by then.

Occasionally children less than 15 years old can also be candidates for wisdom teeth removal, especially those children who have unusually advanced dentition for their age. If you are over 65, you may be advised to keep your wisdom teeth and have them monitored instead, as it may take longer to recover from surgery.

Because wisdom tooth extraction prevents oral health problems, you can be a good candidate for extraction even if you have no symptoms associated with your wisdom teeth.

In this section, you will learn about specific medical conditions that can complicate the process of wisdom teeth extraction.

EXISTING MEDICAL CONDITIONS

There are relatively few health conditions that could exclude you as a candidate for wisdom tooth extraction. Here are a few factors relating to existing medical conditions that you may want to consider in your wisdom tooth decision. This information is provided so you know what to expect, but is not intended to be prescriptive; you should discuss all health conditions with your oral surgeon before surgery and follow his or her instructions and advice.

- If you have a medical condition that is likely to get worse over time, you might want to have your wisdom teeth extracted while you are healthy so you don’t have to deal with wisdom teeth complications later on.
- Medical conditions that affect the immune system can make you more prone to post-surgical infection than other patients. Your oral surgeon can prescribe antibiotics to reduce the risk.
- If you are a smoker, you should be prepared to abstain during the healing period to reduce the risk of infection.
- Certain medical conditions, such as neurological conditions and heart problems, can increase the risk of complications developing while you are anesthetized.
- Pregnant women are advised to delay all elective surgery until after the baby is born. However, dental work can be safely performed in the second trimester if required. If you urgently need to have your wisdom teeth extracted while pregnant, local anesthetic is recommended.
- Breastfeeding women can safely have oral surgery, but certain drugs can have health consequences for the baby if they are transmitted through breast milk.

Patients with certain heart conditions, including heart attacks, chest pains and valve disease, may need a physical exam before surgery to ensure their condition is stable. You may be encouraged to go under sedation, rather than have a local anesthetic, to reduce strain on your heart. Your vital signs will be monitored during surgery to ensure your condition is stable.

If you have a heart murmur or certain types of valve disease you may need to take antibiotics before surgery to prevent a bacterial infection of the heart resulting from oral surgery.

Diabetic patients are at increased risk of infection after surgery, unless the diabetes is well managed and stable. During IV sedation, diabetic patients can be given intravenous sugars to keep their blood sugar levels stable.

If you have asthma, bring your inhaler with you as you may be told to take two puffs before surgery.

SPECIAL CONSIDERATIONS FOR PATIENTS ON MEDICATION

- If you are taking blood thinners such as Warfarin, your oral surgeon may advise you to stop taking the drugs before surgery so that the bleeding can be controlled.
- If you have high blood pressure, you should continue to take your medication as normal.
- Patients on long-term steroidal medication, or those who have adrenal problems, may need to take additional steroid supplements before surgery to regulate the body.
- Biphosphonate drugs increase the risk of osteonecrosis of the jawbone. Your oral surgeon may advise you to stop taking the drugs for 3 months before surgery, or may even advise you not to go through with the extraction surgery unless it is urgently required.
- Anti-depressants and ADHD medications do not cause complications and can be taken as normal before and after wisdom teeth extraction.

Whatever your medical condition, it is extremely important to let your oral surgeon know about your condition and any medications that you are taking. He or she will take your personal health status into account, communicating with your general physician if necessary, to ensure that you are safe both during and after surgery.

EXISTING SYMPTOMS

If you are already experiencing symptoms associated with your wisdom teeth, extraction is likely to be the best option for you, even if your symptoms are not present all the time. Pain around the wisdom teeth is a sign of inflammation in the gum tissue, which could progress to serious gum disease or even a life threatening issue. Bone loss could also occur if the condition is not treated. Having wisdom teeth removed early prevents these problems from ever developing, so extraction is recommended even if you have few or no symptoms.

CHOOSING TO KEEP YOUR WISDOM TEETH

Some patients choose to keep their wisdom teeth rather than having them removed. There are several reasons why you might choose to keep your wisdom teeth, but you should consider this decision carefully and discuss it with your dental care provider or an oral surgeon.

Remember that the official recommendation of the American Association of Oral and Maxillofacial Surgeons (AAOMS) is: *“The American Association of Oral and Maxillofacial Surgeons and its members do not advocate the performance of unneces- sary surgical procedures, including the prophylactic or unwarranted removal of third molar teeth. We do, however, support the surgical management of erupted and impacted third molar teeth for which there is the presence of pathology or a reasonable potential that pathology may occur in relation to, or as a result of, these teeth.”*

Both impacted and non-impacted teeth can develop complications and decay in later life.

Remember that even if you don’t currently have symptoms caused by your wisdom teeth, there is still a chance that decay or other pathologies may develop. If you are able to have your wisdom teeth removed before the age of 25, AAOMS recommends that you do so.

DEVELOPING A HYGIENE AND MANAGEMENT PLAN WITH YOUR ORAL SURGEON

If you do decide to keep your wisdom teeth, which you may do if they are completely erupted and healthy, you need to have a clear strategy in place for looking after and monitoring your wisdom teeth throughout your life. Such a plan can be developed via a discussion with your oral surgeon.

Hygiene

Retained wisdom teeth must be kept clean if they are to remain free from decay and infection. When brushing your teeth, pay special attention to the back and sides of your erupted wisdom teeth. Floss in between the erupted wisdom tooth and the adjacent molar if possible.

MONITORING WISDOM TEETH

Patients who choose to keep their wisdom teeth are advised to undergo regular x-rays to check for signs of tooth displacement or bone loss. Your oral surgeon will probably recommend an x-ray every year. Remember that if an x-ray shows signs of problems developing with your wisdom teeth in the future, you will probably be asked to reconsider having them removed.

The decision about wisdom tooth extraction is a personal one. Although the position of the AAOMS is strongly in favor of early removal in most circumstance, the decision is ultimately yours to make.

SUMMARY

Thank you for reading this complete guide for managing wisdom teeth. Here are the key points to take away.

- Wisdom teeth, also known as third molars, usually appear in the mouth between the ages of 17 and 25.
- Both erupted, and non-erupted (impacted) wisdom teeth can develop complications.
- Pain and swelling around the wisdom teeth can be signs of infection.
- The AAOMS recommends that wisdom teeth are extracted during early adulthood to prevent common complications, including pain, swelling, infection, gum disease, tooth overcrowding and bone loss.
- It is recommended that your wisdom teeth are extracted by a board certified oral and maxillofacial surgeon, who have more experience and training in wisdom teeth extraction than general dentists.
- Most patients choose IV sedation for extraction surgery, although local anesthetic is also an option.
- Complications during wisdom teeth extraction are rare and oral surgeons are well trained in dealing with them.
- You must tell your oral surgeon about any existing health conditions or medications you are taking.
- Recovery from wisdom teeth extraction usually takes about 3 to 5 days but can take up to a week to 10 days in certain patients; take it easy during this time.

- Post-surgical pain can be managed by taking painkillers as recommended by your oral surgeon.
- You may need to take antibiotics to prevent post-surgical infection.
- After surgery, you will need to eat soft foods and abstain from smoking to give the extraction site a chance to heal.
- If you choose to keep your wisdom teeth, they will need regular professional cleaning and monitoring.
- Do not be afraid to ask your oral surgeon any questions about wisdom teeth extraction or retention.

