

# INFORMATION AND INSTRUCTIONS FOR REMOVAL OF IMPACTED WISDOM TEETH

Wisdom teeth, as our third molars are commonly called, are the last teeth to erupt. This usually occurs during our late teens, but frequently there is not enough room in the jaw and the tooth remains trapped or impacted. There are several reasons for removing wisdom teeth.

**DISCOMFORT** – Pain may result from a decayed wisdom tooth or from infection in the gum around the impacted tooth. It may also cause discomfort from pressure on the adjacent teeth or surrounding tissue.

**ORTHODONTIC PROBLEMS** – Most orthodontists do not consider their treatment complete until the wisdom teeth have properly erupted or been removed. Pressure from impacted third molars may push other teeth out of position and affect the ability to chew normally.

**PERIODONTAL PROBLEMS** – Sometimes an impacted wisdom tooth can cause erosion of the tooth next to it, leading to the eventual loss of both teeth. A partially erupted tooth may allow the introduction of food and germs into the gum causing infection. This infection can be very painful and be accompanied by fever, swelling and stiffness.

**CYSTS AND TUMORS** – Like all teeth, the wisdom teeth develop from a small sac which surrounds the crown of the tooth. When the tooth is impacted, the sac remains and occasionally fills with fluid forming a cyst that can destroy bone and endanger adjacent structures.

## PREPARING FOR SURGERY

**DO NOT EAT OR DRINK** for at least 6 hours before your surgery. Medication may be taken with a small amount of water.

Wear loose, comfortable clothing with short sleeves or sleeves that can be rolled up.

Make sure that a responsible adult will be able to drive you home.

Plan to rest and take it easy after your surgery. Do not drive or operate machinery.

## RECOVERING FROM SURGERY

Any surgical procedure, no matter how routine, has certain complications. You should be aware of these so that you will know what to expect after surgery.

**SWELLING OR BRUISING** – It is common to experience some degree of swelling, there may also be some discoloration. This is due to oozing of the tiny blood vessels. This cannot be prevented but can be greatly minimized by applying an ice pack immediately.

**STIFFNESS IN THE JAWS** – You may experience difficulty in opening your mouth due to swelling and tightness of your muscles. A sore throat may develop.

**NUMBNESS (PARESTHESIA)** – Impacted teeth may be close to or in actual contact with the nerves that supply sensation to the teeth, gums, chin, cheek, lips and tongue. You may possibly experience some numbness or unusual sensation of these structures for a varying period of time – anywhere from a few days to several months. The nerves usually repair slowly and this temporary condition corrects itself. There have been very few reports of cases of permanent numbness. Although unlikely, permanent numbness is possible.

**DRY SOCKETS** – Healing can be delayed if the blood clot covering the socket is dissolved or washed away. This exposes the bone and leads to persistent discomfort. If 4 days after surgery pain continues and increases, please contact the office. The socket can be treated to give you prompt relief.

SINUS PROBLEMS – Occasionally, the upper wisdom teeth are separated from the maxillary sinus only by a paper thin thickness of bone. In such cases, an opening into the sinus may be unavoidable. The sinus usually heals uneventfully, but if a problem persists, further treatment may be needed.

WEAKENING OF THE JAW – Although it rarely occurs, removal of an impacted tooth can weaken the jaw, making it more susceptible to fracture.

LOOSENING OF FILLINGS OR FRACTURING OF ADJACENT TEETH – Occasionally a tooth adjacent to the extraction site may have an extremely large or overhanging filling or a crown which may be loosened or dislodged. The adjacent teeth may have been weakened by decay, or from the pressure of the wisdom teeth.

### Helpful Hints

- DO Keep gauze in your mouth under biting pressure for at least an hour to control bleeding.
- DO bite down on a moistened tea bag, placed over the surgical site, if bleeding persists at home.
- DO take pain medication as directed starting immediately.
- DO apply ice packs intermittently to your face to help control swelling the day of surgery.
- DO drink lots of fluid (avoid using a straw), and maintain an adequate diet of soft foods.
- DO use warm salt water rinses the day after surgery.
- DO plan to take time off from work or school because your routine may be disrupted for a few days after surgery.
- DO Resume normal dental hygiene including gentle toothbrushing the day of surgery.
- DO NOT rinse your mouth or spit forcefully the day of surgery. This can loosen the blood clot.
- DO NOT smoke after surgery.
- DO NOT drink alcohol while you are taking any prescribed pain medication.
- DO NOT blow the nose forcefully for 24-48 hours after extraction of impacted upper wisdom teeth.

**IF YOU HAVE ANY QUESTIONS OR PROBLEMS, PLEASE CONTACT THE OFFICE AT (315) 253-7384**

I have read and understand the information and instructions for removal of impacted wisdom teeth, and I give my permission to proceed with surgery and anesthesia as deemed necessary in the treatment of my case.

**Dr. Paul A. Karpinski**  
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Signed \_\_\_\_\_

Witness \_\_\_\_\_

Doctor \_\_\_\_\_

\*A CONSULTATION FEE OF \$100.00 WILL BE CHARGED IF SURGERY IS NOT PERFORMED IN THIS OFFICE.