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**Use the space below to write in the
name and contact details of your Consultant**

Name
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Reapproved: September 2025
Review Date: September 2028

Patient Information Leaflet

Wisdom Teeth Removal



Please speak to a member of staff if you need this
leaflet in large print, braille, audio
or another language

Introduction

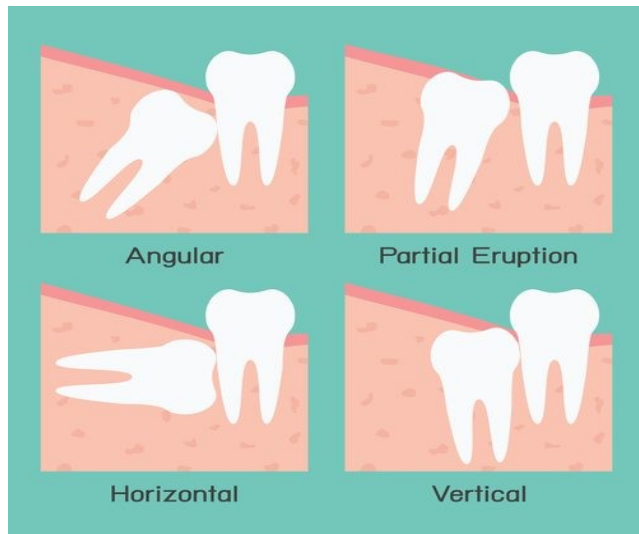
This leaflet provides you with information on wisdom teeth. If after reading the leaflet you have any questions, please speak to a member of the team.

Wisdom Teeth

Most people have 4 wisdom teeth, one in each corner. These grow at the back of your gums during the late teens or early twenties and are the last teeth to come through.

There is not always enough room in the mouth for the wisdom teeth to grow properly due to the other 28 teeth which are in place.

Due to lack of space in the mouth, wisdom teeth can come through partially, at an angle or get stuck. Wisdom teeth that grow through like this are known as 'impacted'.



Follow up

- **Please keep** brushing as normal avoiding the site of extraction until this area has healed.
- Bathe the mouth with warm salt water gently after meals.
- Make sure you finish any antibiotics prescribed.
- A check-up appointment may be arranged for about 1 week or so after the procedure.
- Any remaining stitches may be removed at your first appointment.

Risks and complications

As with any type of surgery, there are risks. Below are some complications that may arise following your wisdom tooth removal:

- **Dry Socket.** A blood clot fails to develop in the tooth socket or the blood clot may become dislodged.
- **Nerve injury.** This can cause temporary or permanent problems such as tingling or numbness.
- **Infection.** Signs include a high temperature, yellow or white discharge from the extraction site, persistent pain and swelling.
- **Bleeding.** Small amounts are normal for at least 48 hours after removal.

Please contact your dentist if you have signs of infection or if you are bleeding heavily from the extraction site.

Removal of wisdom teeth

Your wisdom teeth will not need to be removed if they are 'impacted' and not causing any problems. Wisdom teeth which have not fully broken through the surface of the gum however may cause dental problems.

A build up of plaque can happen as a result of food and bacteria getting trapped around the edge of the wisdom teeth. If this happens, it can cause:

- **Tooth Decay.**
- **Pericoronitis.** Infection of the soft tissue surrounding the tooth.
- **Cellulitis.** Bacterial Infection in the cheek, tongue or throat.
- **Abscess.** Bacterial Infection leading to a collection of pus in or around the wisdom teeth.
- **Cysts and Benign Growths.** Very rarely, a wisdom tooth that hasn't cut through the gum develops a cyst (a fluid-filled swelling).

Antibiotics and antiseptic mouthwash can help treat many of these problems.

Wisdom teeth removal is only recommended when other treatments have not worked, unless it is heavily broken down or fractured.

Before wisdom teeth removal

Investigations including a radiographic image of the tooth is carried out before the removal procedure to make sure this is the best option.

You will need to sign a consent form to confirm your understanding of the risks and benefits involved with a wisdom tooth extraction.

Options of anaesthesia will also be discussed with you so that you can decide on a local or general anaesthetic or sedation.

During the removal of wisdom teeth

- A local anaesthetic will be given to numb the area around the tooth. This can last up to 4 hours.
- You will feel some pressure just before the tooth is removed but no sharp pain.
- The surgeon may rock the tooth gently back and forth to loosen this from the tooth socket.
- A small cut in the gum may be necessary to allow better access to the tooth.
- The tooth may need to be drilled into smaller pieces for safer removal.
- The removal can take between 5 to 30 minutes. Dissolving stiches may also be used.

After the removal of wisdom teeth

Full instructions are given to you on how to manage any symptoms.

You may have some swelling and discomfort both inside and outside your mouth. Mild bruising and stiffness of the jaw is also likely.

The symptoms are usually at their worst in the first 3-4 days after the dental extraction. Some however, can last up to 2 weeks.

Stiches can take up to 6 weeks or more to dissolve.

Please take some pain relief whilst you are still numb so as the anaesthetic wears off the pain relief can take effect and minimise your discomfort.

In some cases, antibiotics are prescribed if you have any on-going infection.

During the first 24 hours after removal

- **Do not** rinse your mouth out with liquid.
- **Do not** spit out blood.
- **Do not** drink alcohol.
- **Do not** smoke.
- **Do not** drink hot liquids such as tea or soup.
- **Do not** do any strenuous or physical activity.