

Having Problems with Wisdom Teeth?

What are wisdom teeth?

They are the third permanent molars and are the last teeth to develop. They erupt or come up into the mouth in our late teens or early twenties. We can have up to four wisdom teeth, two in the upper jaw and two in the lower.

Why should they be removed?

For those of us whose jaws are too small to accommodate these wisdom teeth, problems may arise:

- Often, the lower wisdom tooth may be prevented from erupting when it is "blocked" by the tooth in front. In such a case, the tooth is called an impacted wisdom tooth. Such a tooth sometimes give an unpleasant sensation of pressure at the back of the jaw.
- The gum around the impacted wisdom tooth may trap food debris which can cause infection of the gums. (See red arrow) The infection would be felt as a swelling and pain of the gum.



- Further discomfort may be caused if the upper wisdom tooth bites down on the swollen gum below.
- Tooth decay may develop on the wisdom tooth and the back surface of the tooth in front of it. (See black arrow)
- The decay can often go undetected and may only be discovered when there is a toothache. In severe cases, both teeth may need to be removed.

What can be done about an infected wisdom tooth?

- Your dentist may clean the infected area and apply some local antiseptic agent if necessary.
- Antibiotics and painkillers may be prescribed to reduce the infection.
- If the upper wisdom tooth is biting on the swollen gum, the tooth may be trimmed out of the way. If it is judged that the upper wisdom tooth is not functional, then, in the long run it would be better to extract the tooth.
- At a later visit, when the infection is under control, the lower wisdom tooth can be removed. Very often, before the removal, an X-ray would be taken to assess the position and shape of the tooth.

How is the wisdom tooth removed?

In many cases, the wisdom tooth is removed by your dentist in an operation done under local anaesthesia. The anaesthesia will prevent any feeling of pain during the operation though there may be some sensation of pressure while the dentist is working on the tooth.

During the operation, the gum around the tooth is moved to one side and some bone around the tooth is removed. Often, the tooth may need to be divided into pieces before it can be removed. The gum is then stitched back into place.

After the operation, when the anaesthetic has worn off, you may need to take painkillers. Antibiotics may also be given to prevent infection of the wound. There is usually some swelling of the cheek which may last about 5 days. The swelling may also cause some stiffness of the jaw.

Your dentist will check on your condition about 5 days later. At this time, the stitches will be removed.

Your dentist

What you need to do...

...before the operation

- **Inform your dentist about any heart condition or any serious illness you have or had.**
- **Inform your dentist about any drug allergies you may have.**
- **Make arrangements in advance for a few days of medical leave.**
- **Have a good meal and brush your teeth.**

...after the operation

- **A little oozing of blood is normal and should be expected. This can be stopped by biting on a piece of gauze placed on top of the wound, for about 20 to 30 minutes.**
- **Do not wash the mouth too vigorously or use your tongue to disturb the wound as these would dislodge the blood clot and cause further bleeding.**
- **Call your dentist if you think the wound is bleeding badly.**
- **You may place an ice-cold towel or ice-pack over your cheek to help reduce the swelling. Do not put warm compresses on the cheek as this will worsen the swelling.**
- **Take all the medicines given to you at the proper time. If antibiotics have been given to you, complete the whole course.**
- **Keep to a soft diet.**
- **Do not exercise vigorously or do heavy work.**
- **Do not smoke or consume alcohol.**
- **After the first day of the operation, rinse your mouth gently after every meal to remove any trapped food at the wound. Continue to brush your teeth in the other parts of the mouth.**

您的智慧牙 有给您添麻烦吗？

什么是智慧牙？

它们是第三个“大”牙，位于牙床的末端。它是最后出的牙齿。出牙年龄约在二十岁左右。我们最多可有四颗智慧牙。两颗在上颚，两颗在下颚。

为何智慧牙需要拔除？

当我们的牙床不足够容纳智慧牙时，问题就会产生。以下是常见的问题：

1. 下颚的智慧牙常常会被前面的牙齿挡住而生不出。这种情况发生时，在下颚的末端会有一种很不舒服的压力感。
2. 在被挡住智慧牙四周的牙肉，经常会有食物的碎屑堆积在那里。这会引起牙肉发炎。（请看红箭咀）。在发炎时，会感到肿胀和疼痛。



3. 令这情况更难受的是，上面的智慧牙咬到已肿的下颚牙肉。
 4. 智慧牙和前面的恒齿都会变成蛀牙，（看黑色箭咀）。往往这类型的蛀牙，都是在晚期有牙疼时才发现。在比较严重的情况下，可能两个牙齿都要拔掉。
- 为避免以上的问题，适当的治疗是必须的。

发炎的智慧牙该怎么处理？

1. 您的牙医可能会清洗发炎的地方。如果须要的话，可能会使用些局部的抗炎剂。
2. 你的牙医也会给您消炎和止痛药；来帮助您消炎和去肿。
3. 如果上颚智慧牙咬到下颚的牙肉，上颚智慧牙会被磨短，这样就不会咬到下颚的牙肉。如果上颚的智慧牙是没有用的话，长远来看最好是尽早拔掉。
4. 迟些，当炎症受到控制时，那智慧牙就可以拔除了。通常，在拔智慧牙前，牙医会照一张 X 光来决定牙齿的型和位置。

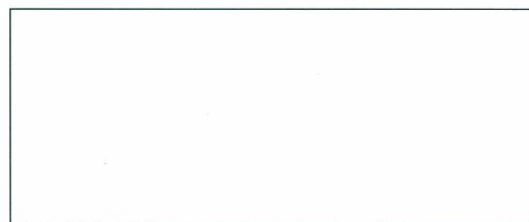
智慧牙是怎样拔除的？

拔智慧牙手术是牙医在施以局部麻醉下进行的。局部麻醉会防止任何疼痛的感觉，在手术进行时您只会感觉到一点压力。

手术时，那覆盖着智慧牙的牙肉会被拨到一边。四周的骨组织会被移去。在把牙拿出前，可能须要把过大的牙切分。最后把伤口缝合。

手术后，当麻醉剂消失后，你需服用一些止痛药。你也需服抗炎药以防伤口发炎。颊部微肿四，五天是常有的。颊肿也会使你的口不能完全张开。

约五天后，你的牙医会为你检查伤口，并把缝线去除。



你的责任

A. 手术前：

1. 告诉牙医你曾患上或现有的心脏或其他严重的疾病。
2. 告诉牙医你是否对任何药物有过敏的反应。
3. 告诉雇主你需要约五天的病假。
4. 好好的吃一餐和刷干净你的牙齿。

B. 手术后：

1. 伤口少量的流血是正常的，是意料中的。你可以放棉纱布在伤口上，然后咬紧 20-30 分钟，就可以止血。
2. 不要用力的漱口或用你的舌头去碰伤口。这样会照成更多的出血。
3. 如果你的伤口流血过多，就应该去看你的牙医。
4. 可以放冰冷的手帕或冰袋于颊旁，这样会减少肿胀。但千万不要放热布在颊旁，这样，只会照成更大的肿胀。
5. 按时吃药。止痛药有痛时才吃，但消炎药一定要吃完。
6. 吃软的食物。例：粥或豆腐。
7. 不要做剧烈运动和粗重的工作。
8. 不要抽烟和喝酒。
9. 手术后第二天可以在饭后用温盐水漱口，或用牙医所给的漱口剂漱口，也同时可以开始刷其他的牙齿。