

Wisdom teeth: what they look like and other things to know

[Health & Medicine](#), [Healthcare](#)



Introduction

You experience many mouth change activities in life. One important dental event that occurs at the age of 18 to 20 is the appearance of wisdom tooth as they erupt at a more mature age. They appear far off in your mouth due to which they don't get proper brushing and get damaged. Hence they must be uprooted.

Why You Need To Uproot Them On Time

As we know our jaw is capable of holding only 32 teeth, its the normal amount of teeth which a jaw of a human holds. In some cases, the wisdom tooth starts erupting. They erupt at the age of 12 to 13 in some cases, and in others, it may not develop until the age of 20. As they find less area hence they didn't erupt properly and healthy. This is the reason they don't get proper brushing and get damaged. Damaged wisdom teeth must be removed on time otherwise it may cause the following:

1. 1) Pain
2. 2) Trapping of food
3. 3) Infection of gums
4. 4) Dental decay
5. 5) May cause disturbance to a nearby tooth
6. 6) May cause complications in the medication of other teeth.

If they erupt properly and are aligned correctly, they are a valuable asset to your mouth as they can help you chew. it's normal to feel a little uneasy

when your wisdom teeth erupt but if you feel the pain you must see the dentist immediately.'

How To Extract

Teeth extraction is a process that is carried out by a dentist normally but it depends on the condition of the teeth. As wisdom teeth are located far behind in your mouth which makes their treatment a little difficult. Before uprooting wisdom teeth, your dentist recommends doing an X-Ray which makes it easy to decide whether a dentist can do the uprooting or the teeth need a surgeon to operate it.

You will be given the injection of anesthesia to make your tooth and surroundings numb so that you don't feel pain during the process of uprooting.

When your tooth and its surrounding is numb your dentist will:

1. 1) Make a small cut in the gum to make it easy to access to tooth.
2. 2) Cuts the tooth into sections which makes it more easy to extract.
3. 3) Remove those sections of the tooth.
4. 4) Cleans the area of the evacuated tooth as there may be any remainings from the tooth or bone.
5. 5) Use stitches to the gum for healing.
6. 6) Will place dressing over the gum to restrain bleeding.

Normally it takes a few minutes to evacuate a wisdom tooth but it can take up to 20 minutes if it's more complicated.

What To Expect After Extraction

Normally stitches take 7 to 10 days to soften but it can take up to 10 days.

After the evacuation, your dentist will put a dressing on the gum to restrain bleeding and will ask you to press it gently with your jaws to form a blood clot in the empty tooth socket. This will help in stoping of blood so try not to eject it. After that, you will be guided by your dentist for some antibiotics if you had any infection. When the evacuation is completed you may take care of the following things for the next 24 hours:

1. 1) Should not get your mouth in touch with any liquid
2. 2) stay away from alcohol or any type of smoking as it may cause infection
3. 3) Hot liquid like soup, tea may cause the stitches to loosen and will result in infection
4. 4) Try not to take solid food, it will put pressure on the empty hole. Try to avoid any physical activity of your mouth.
5. 5) Avoid the brushing of teeth.