

# Extracting Wisdom Teeth

Removing wisdom teeth is often necessary to preserve the health of your mouth and remaining teeth. With modern dental techniques, it should be a comfortable and effective procedure.

## The procedure

Before we start the extraction procedure, we may offer nitrous oxide to relax you, and we'll numb the area with anesthetic to keep you comfortable. After several minutes, we check the area to make sure that it's completely numb. During the procedure, you'll feel pressure when the tooth is removed, but you shouldn't feel any pain at all. If you do, we'll stop and give you more anesthetic.



*Nitrous oxide may be offered*



*The tooth may be removed in sections*



*The incision is closed with a few stitches*



*An impacted wisdom tooth needs to be removed*

If your wisdom teeth haven't yet come in through the gums, we'll start by making a small incision. To remove the wisdom teeth, we'll use an instrument called an elevator, which is placed next to each tooth and is used to gently loosen it. Then, we use forceps to carefully grip the tooth and remove it.

Sometimes, if your tooth's roots are curved or are held tightly in the socket, it's helpful to cut the tooth into sections before removing them. If an incision was necessary, we'll close it with a couple of stitches once the tooth is removed.

## Taking care of yourself after the extraction

To minimize problems after your tooth is removed, you'll need to follow our post-operative instructions carefully, especially for the first 24 hours. These instructions will explain how to control bleeding, how to relieve pain and minimize swelling, how to prevent dry socket, and what to eat and not eat.

## The benefits of removing wisdom teeth

Having your wisdom teeth extracted can prevent many future dental problems, including increased risk for infection, tooth decay, periodontal disease, and cysts in the jawbone.