

What is a Wisdom tooth?

It is known as the third permanent molar.
It erupts at the age between **17-25 years' old**.
There are normally **4** wisdom teeth in total.

1. What are some potential problems?



- It may grow at an awkward angle due to insufficient jaw space.
- There may be some discomfort and pain during eruption.



- The gum surrounding it is more prone to trap food and bacteria
- This may lead to decay in the neighboring tooth



- May cause: Infection, tooth decay, gum disease, facial swelling

2. How to manage eruption?



- Ice pack



- Gargle warm salt water (1/2 teaspoon of salt mix with warm water) 2-3 times a day



- Painkiller

3. What are some ways to prevent infection?



- Brush your teeth twice a day with a fluoridated toothpaste (>1000ppm fluoride concentration)



- Clean in between your teeth using a floss or an end tufted brush



- Use a small toothbrush with soft bristles



- Use an antibacterial mouthwash without alcohol content

4. What should I do if the pain persists?



- Visit a dentist /dental surgeon for a consultation



- Extraction may be advised

After extraction, things to take note:



Soft, liquid and cold foods are recommended



Avoid vigorous exercise for a week



Avoid using straws



Avoid using electric toothbrush