

Managing wisdom tooth problems



- Wisdom teeth can cause pain when they have not fully emerged into the mouth.
- Pain, swelling and inflammation can occur around the flap of gum covering the tooth. This can be made worse if the gum gets trapped between the teeth.
- Most flare-ups can be managed at home and usually settle within 7-10 days.
- Clean the area well to stop food, plaque and bacteria collecting. Try half-closing your mouth when brushing the back teeth. Relaxing the jaw and cheek muscles can help you to access the wisdom teeth more easily.
- Rinse with warm, salty water or a Chlorhexidine mouthwash several times a day
- Try a soft diet to avoid biting on the sore area.
- Painkillers such as Paracetamol and/or Ibuprofen can help to ease the pain. Take care to follow packet instructions.

If your face becomes swollen, call your dental practice by telephone for advice. If you don't have a regular dentist, search '[NHS Direct Wales Dentist](#)' or contact NHS Direct Wales on [0845 46 47](#) or [111](#) for advice. You will be provided with advice over the telephone and arrangements can be made to help you manage the problem.

During the coronavirus (COVID-19) pandemic, you will not be able to have a wisdom tooth removed. You may be offered antibiotics, if appropriate, in an effort to delay dental treatment until the pandemic is over.