



## Supporting our Smokefree Trust

In order to look after the health of our staff, patients and visitors, we ask you politely not to smoke while you are on the hospital grounds.

If you would like support and advice to quit smoking, our Pharmacy shop on the main corridor can help you with further information, so just pop along and have a chat with a Pharmacy stop smoking advisor.

Alternatively, the following Advice and Services are available to you:

**Stockport Stop Smoking Service, ABL Health**  
stockportwellness@ablhealth.co.uk | **0161 870 6492**  
*For confidential stop smoking advice and support.*

**NHS Choices & National Smokefree Helpline**  
www.nhs.uk/live-well/quit-smoking | **0300 123 1044**

### Stop Smoking Midwife

Contact our Hospital Switchboard on **0161 483 1010**  
and ask for the Stop Smoking Midwife

	Grazed knee. Sore throat. Cough. Stock your medicine cabinet.	<b>Self-care</b>
	Unwell? Unsure? GP surgery closed? Need help?	<b>NHS 111</b>
	Diarrhoea. Runny nose. Painful cough. Headache.	<b>Pharmacy</b>
	Vomiting. Ear pain. Stomach ache. Back ache.	<b>GP surgery</b>
	Choking. Chest pain. Blacking out. Blood loss.	Stepping Hill Hospital <b>A&amp;E or 999</b> Emergencies only

If you require the leaflet in large print, another language, an audio tape or braille, Please contact:

**Patient and Customer Services**

Tel: 0161 419 5678 Email: PCS@stockport.nhs.uk

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# WISDOM TEETH REMOVAL

## MAXILLOFACIAL DEPARTMENT

Patient Information Leaflet

## WHAT ARE WISDOM TEETH?

Wisdom teeth are the last molars to come into the mouth often at around 17 – 23 years but can come much later.

## WHY DO THEY NEED REMOVING?

Wisdom teeth may become impacted (stuck) this can cause infection, decay, gum disease and cysts. Often removal of the teeth is the only way to deal with the problem.

Every operation carries some risk and therefore a decision as to whether or not removal of the wisdom teeth is the most appropriate course of action will be discussed with you.

## WHAT CAN I EXPECT?

There will be some discomfort and swelling around the operation site with stiffening of the jaw. This is at its greatest 36 – 48 hours after the operation and settles within 1 – 2 weeks. Antibiotics and painkillers may be prescribed to help with this. Careful mouthwashes and eating soft foods will help to keep pain and swelling to a minimum. You will be given an instruction sheet on how to care for your mouth after the operation.

## WILL I NEED TIME OFF WORK?

Yes. This can vary from one day for simple wisdom teeth to one week when several teeth are removed. A small number of people with special occupations could require longer. If you are concerned about how the operation may affect your ability to carry out your job then please do not hesitate to discuss this with the clinicians.

## HOW ARE THEY REMOVED?

Wisdom teeth can be removed under local anaesthetic with or without sedation, (awake) or general anaesthetic (asleep) and this will be discussed with you in out-patients. An incision is made in the gum, some bone may be removed, the wisdom teeth are removed and stitches may be needed. Most stitches “dissolve” but occasionally some need to be removed.

## ARE THERE ANY RISKS?

There is a small chance of developing tingling or numbness of your lower lip or tongue. This is because two nerves run close to lower wisdom teeth and sometimes stretching or bruising of the nerves occurs despite careful surgery.

Up to 25% of people may have some element of this for a short period. By three months after the operation, on average, all but one or two in a hundred have returned to normal. A very small number of patients have higher risks of a more long-term / permanent problem.

## SHOULD I BE WORRIED?

No. The majority of wisdom tooth extractions are very simple and straight forward. However, if you have any further questions, please do not hesitate to discuss this with the clinicians.

# CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



# BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



# KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

