

# Dr Ian's NEWSLETTER

WINTER NEWS

JULY/AUG 2007

## WISDOM TEETH.....

### points of Interest:

- Wisdom Teeth
- Thumb Sucking
- QUIZ
- Sensitivity

**WHAT ARE THEY AND WHY DO WE HAVE TO SOMETIMES HAVE THEM EXTRACTED???**

Wisdom teeth usually do not push through the gums until people are in their late teens, twenties or even older!

Most people have 4 wisdom teeth and some people have no wisdom teeth. They are located right at the back of the mouth and are sometimes very difficult to keep clean, especially when they are coming through as there can be a little flap of gum over the tooth that can trap food and bacteria. The dentist can show you how to clean these areas to keep them free from infection. Often there is not enough room at the rear of the jaw for them to come through the gum resulting in the wisdom teeth becoming impacted or wedged in.

These impacted or wedged in teeth can sometimes not cause any problems..... However other impacted teeth can cause severe problems. Often one or more of impacted wisdom teeth will cause problems and need to be removed. The procedure of removing a wisdom tooth is a very common one.

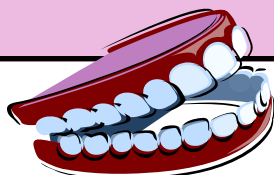
If your dentist feels the removal may be a little difficult he or she may refer you to an Oral Maxillofacial Surgeon. This can sometimes be due to the shape of the teeth and the shape of the jaw, making the access for the removal a little tricky. An oral maxillofacial surgeon is specially trained in surgery of the



**HOW WILL THE DENTIST EXTRACT MY TOOTH? HOW WILL I FEEL AFTERWARDS?**

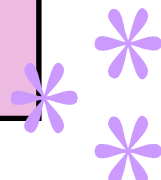
If you are having your extraction done whilst you are awake, which is very normal and the wisdom tooth has pushed through the gum enough for the dentist to hold on to it with the special forceps then the procedure is very similar to a normal extraction. If the tooth is not through the gum then the dentist will make a small incision in the gum to expose the tooth, a small bit of bone may need to be removed so he can hold on to the tooth. A lot of pressure will be felt but there should be no pain as you will have been given the appropriate anaesthetic. The pressure is due to the dentist actually pushing on the tooth. A lot of people assume that teeth are pulled out but they are not, they are pushed in a certain motion to loosen them out of their sockets. Sometimes to make it easier to remove the tooth, the tooth is cut in to segments. Once the tooth is out the dentist will check the socket and (put a few stitches in if they are needed. some stitches dissolve others need to be removed by the dentist in a few days time. ) place a cotton gauze for you to bite on. This is left in place for a few minutes. The dentist then checks that a clot of blood is forming in the socket and then places another cotton gauze for you to bite on. This can be taken out by yourself half an hour later. Before leaving the surgery the dentist or assistant will give you an after care instruction sheet and go through it with you.

After your anaesthetic has worn off you will probably feel a bit sore and bruised. The dentist can provide you with pain relief for this time. The next day there may be some swelling and this is fairly normal. Your instruction sheet will tell you how to look after your mouth for the next few days



Answers:

1=B, 2=B, 3=A, 4=C, 5=B



# Flossing daily prevents decay and gum disease!

## SENSITIVITY.. SENSITIVITY..SENSITIVITY



Sensitive teeth can be a real problem for some of us, also quite painful. There are a number of reasons why teeth can be sensitive. For some people it can be their brushing technique. They can be scrubbing vigorously thinking they are doing a good job when actually they are doing more damage! As scrubbing can make the gums recede and expose the dentine of a tooth which is the sensitive area. Teeth should not be scrubbed the should be

cleaned gently and carefully for at least 2 minutes. Ask Dr Yerbury to show you the best way to brush your teeth and for most of us I bet it is completely different from what we do every day!!!! Certain foods and drinks can make teeth sensitive. Acidic thing like  
Oranges  
Grapefruits  
Lemons/Limes  
Wine  
Vinegar

sensitivity and still enjoy the above as to drink some water when you eat or drink these things and swish it around your mouth so the acidity of the food or drink is taken off your teeth. Also using a sensitive toothpaste can really help. Ask Dr Yerbury or Katie for some samples of sensitive toothpaste to try.

A helpful way to reduce the

## IS YOUR CHILD SUCKING THEIR THUMB?

A child's habit of sucking their thumb or finger can begin while in the womb. While most children stop on their own, some keep up this habit into adulthood.

Unfortunately, sucking habits have potential to cause considerable dental problems such as distortion of teeth and the bone that

supports them causing teeth to be pushed forward and often to one side.

Thumb and finger sucking intensifies any underlying bite and crowding problems that your child may have.

Of course, stopping this habit as early as possible is ideal and in some cases a simple discussion at home

with your child is all it takes to cease it.

However, if this proves difficult, professional help may be required.

Any questions, please ask Dr Yerbury at your child's next appointment.



## HOW CLEVER ARE YOU???????

1) A Maxillofacial surgeon is someone who

- A. Likes the name Max.
- B. A surgeon trained to deal with the mouth teeth and gums.
- C. Works as a florist.

2) Sensitive teeth can be caused by .....

- A. Smiling too much.
- B. Eating & drinking acidic things.
- C. Listening to sad songs.

3) Thumb sucking can start

- A. In the womb
- B. When we are hungry
- C. In Woolworths

4) A tooth brush should be changed

- A. Every birthday
- B. Every Day
- C. Every 3 months

5) If you need any dental advise you should consult....

- A. Superman
- B. Dr Ian Yerbury
- C. Your local politician.



## DID YOU KNOW???

Apparently, during the average lifetime of someone who lives to be 78, they will spend about 1/896 hours brushing their teeth.

Let's hope that they remember to change their tooth brush once every 3 months!!

When did you last change yours?



ANSWERS ON THE FRONT!