

DENTAL CLINIC SUGGESTIONS FOR WISDOM TEETH PAIN

Wisdom teeth discomfort is one of the most common dental conditions for college students who are experiencing poorly erupting wisdom teeth.

Pericoronitis is a dental condition where there is inflammation of the gum tissue surrounding the top portion of your tooth. It occurs when the wisdom tooth is only partially exposed and has excess gum tissue that overlaps the tooth. Bacteria and food debris get trapped in the space between the tooth and the overlapping gum tissue.



► CARE TIPS TO HELP WITH **MILD DISCOMFORT AND INFLAMMATION:**

1. Use a soft or extra soft toothbrush.
2. Brush gently but thoroughly around the wisdom teeth. Make sure to reach all the way back where the wisdom teeth are located and clean around the gums. Brush even if it is uncomfortable or gums bleed.
3. Make a sweeping motion to get under the gum flap of tissue that may lie over the wisdom tooth to remove food debris.
4. Rinse with warm salt water.
 - a. 1 teaspoon of salt dissolved in 8 oz. warm water
 - b. Repeat after meals and before bedtime
5. Over the counter pain relievers such as Ibuprofen (Advil or Motrin) and Acetaminophen (Tylenol) may be taken if necessary.

**CONSULT WITH YOUR DENTIST IF YOU ARE TAKING ANY OTHER MEDICATIONS
OR IF YOU HAVE ANY ALLERGY TO ANY PAIN MEDICATIONS.**

If your symptoms worsen or you develop moderate to severe pain, swelling, fever, or difficulty opening, this can indicate a spreading infection. Please contact the UCR Dental Clinic immediately at **(951) 827-3039** to schedule a phone consultation to be screened and given the appropriate care.