

Wisdom Teeth Extraction



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You may be one of the many adults who never had their wisdom teeth removed and perhaps recently began experiencing pain or infection in the back of your mouth. Sometimes, the pain exacerbates. Perhaps during the last visit with your dentist, either because of impaction, decay, gum disease, cyst, or breakdown of the old fillings, it was recommended that you have your wisdom teeth extracted.

If you are a parent, your teenage son or daughter may have recently complained of wisdom teeth pain in the back of their mouth that exacerbates periodically. Your dentist may have recommended to have the wisdom teeth removed either because they are impacted or for orthodontic reasons.

Either way, wisdom teeth are a common source of problems and their removal is important in preventing localized disease and promoting long term health. But with work schedules, social demands, school conflicts, financial challenges, or other responsibilities, you might find it difficult to address this problem. You want to take care of the problem with no complications, get back to work or school as soon as possible, and return to your normal diet and activities. Here are some questions and information to help you make the best decision.



Why remove wisdom teeth?

Wisdom teeth frequently become impacted or stuck behind the second molars. When this happens, it becomes extremely difficult to brush these areas and oral hygiene suffers. In addition, plaque buildup can cause inflammation that leads to infection, decay, or gum disease. Even if erupted (visible in the mouth) they harbor bacteria and are highly prone to gum disease and loss of bone. Wisdom teeth may also cause jaw cysts or shifting of adjacent teeth.

What are the problems associated with wisdom teeth?

- **Pain & swelling** due to inflammation (pericoronitis) or infection of gum tissue.
- **Gum disease** (periodontal disease) between the second molars and wisdom teeth. These teeth share the same bone and gum tissue, and when the tissue is damaged, repair or regeneration is extremely difficult, if not impossible. This greatly compromises the health of second-molars, which are very important for chewing.
- **Decay (caries)**- Cavities may occur on the wisdom teeth in older patients or on the root surface of the second molars. This is sometimes near impossible to treat! If decay occurs on the second-molar, it often has to be extracted too. And that's a big loss!

- **Cysts in the jaw bone**- Cysts cause significant destruction of bone and damage to surrounding structures (teeth, nerve, jaw bone, etc); Some can get quite large and weaken the jaw bone with potential for fracture.
- **Shifting of adjacent teeth**- This is not entirely understood by dentists, but wisdom teeth probably contribute to this problem. Orthodontists often recommend removing wisdom teeth to prevent shifting.

What is the best Treatment approach?

Removal of all four third molars at once during the teenage years is the best treatment approach. However, it's not too late as adults. The disease caused by wisdom teeth is progressive and can only be stopped by extraction, allowing improved access for hygiene. Early removal is recommended to prevent the associated problems, as well as to minimize risk of potential complications. The procedure is typically 20 to 30 minutes, followed by 30 to 45 minutes of recovery before going home.

Is wisdom teeth surgery safe?



Wisdom teeth surgery is safe and predictable when performed by a skilled and experienced oral surgeon. Specialized instruments and techniques are used for teeth

extraction. Dr. Kazemi specializes in this procedure and has performed it successfully on thousands of patients. The office is also designed and equipped for such oral surgical procedures and his team receives specialty training and education for total patient care. Methodical, exacting, and detailed protocols are followed strictly to make sure every patient has a safe, comfortable, and successful extraction.

What is the best anesthesia option for wisdom teeth? Are they safe?

The best way to manage anxiety and make sure you have the best possible experience is to opt for IV sedation. It is the most recommended and is chosen by many patients. Dr. Kazemi is trained and licensed in administering office anesthesia. Its safety is attributed to continued monitoring techniques, short-acting nature of the medications, availability of emergency equipment, and most importantly, proper training of the surgeon and the staff. Other options are local anesthesia, with or without nitrous oxide (laughing gas) but patient is completely awake and fully aware of the procedure.



IV sedation is a very safe and predictable in healthy patients when administered by an experienced clinician with proper training and accepted protocol. The patient is continually monitored during anesthesia and emergency equipment is on hand, if necessary. The medications used have a long history of safety and are short-acting. Anesthesia is also safe in patients with respiratory problems or cardiovascular disease, providing that precautions are taken. To avoid possible airway compromise, patients with severe upper respiratory compromise, such as severe cold with stuffy nose and productive cough, are asked to postpone the surgery until they feel better.

The facility is equipped with emergency equipment and medications and the entire team is trained to manage any possible complications quickly and properly. The surgeon is CPR and ACLS certified and can manage any complications that arise effectively and quickly. Suburban Hospital is in close proximity in the event additional assistance is required.

Patients on antidepressants or medications for ADHD?

Antidepressants or medications for ADHD are not uncommon in teens. These medications do not interfere with anesthesia or post-operative medications, or cause any complications.

How soon can you return to work, school, or normal activities?



Most patients return to work, school, or some normal activities one to two days after surgery. Most schedule their surgery on a Friday and are ready to return to work

or class by Monday. There is no problem with traveling or flying the following day, although it's best to rest for a day or two. Of course, there are always variations in overall response and recovery.

What is the expected recovery?

- **Pain:** Level and duration of pain depends on the complexity of the surgery, technique, and patient's tolerance. Most patients experience three to four days of elevated pain, commonly managed with pain medications such as Vicodin or Percocet. As pain gradually diminishes over the next two to three days, Ibuprofen (Advil) or Acetaminophen (Tylenol) can be used. After seven to ten days, most patients no longer have pain and may stop their medications.
- **Swelling:** Any swelling related to surgery will maximize in 36 to 48 hours following the procedure, and gradually tapers over the next five to seven days. Ice helps to reduce swelling in the first 24 hours. If extractions were done in a conservative fashion, a patient may experience no swelling at all.
- **Diet:** Upon arrival home, patients may have water, juices, soups, shakes, puree, and very

soft food. A soft diet is recommended up to five to seven days. Nothing hard, crispy, or spicy should be eaten during this period. The general rule is if you have to chew, it's probably too hard. After seven days, patients may gradually return to normal food.

- **Activity:** Get plenty of rest on the day of surgery. Some patients may feel well enough the following day to walk and go out. That's all right, but take it easy. Avoid strenuous activities for the first two to three days. Refrain from sports, lifting, or doing anything that requires exertion. After three days, if patients feel more comfortable, they can walk, go for a gentle swim, or do very low-impact exercises. Mild activities may cause some pain but not enough to disturb the surgery site or open the sutures.

Managing your anxiety about wisdom teeth surgery?

Anxiety is not uncommon among people having their wisdom teeth extracted.



This anxiety is mostly related to hearing of others' bad experiences with excessive pain, swelling, and complications. We resolve this

in several ways. First, the use of IV sedation allows patients to nap during the surgery. This helps greatly to make them comfortable and reduce anxiety. Second, patients will be cared for by a group of affable staff members who take time to personally connect with each patient and allay their fears and concerns. Third, the surgery is done conservatively, which minimizes or avoids swelling, pain, and complications.

Planning Your Visit



Planning the procedure around your schedule:

We understand that taking time off work or school for a procedure may be challenging. Therefore, we have designed the **All-In-One Visit** program that provides both consultation and procedure on the same day. Post-operative follow-up, although always recommended, can be done via telephone or email.

Forms may be completed prior to your visit on our Web site or by fax. These prearrangements make it easy to have diagnostic X-rays, consultation, and procedure completed **all on the same day**. Finally, in five to seven days, Dr. Kazemi will check up on patient's progress via phone or email. As a convenience, prescriptions are available right in our office. We offer a flexible appointment schedule, Monday through Friday between the hours of eight and five, and early morning or late-day appointments per special arrangements. Weekend appointments are available for our VIP and presidential service packages and can be reserved per special arrangements.



What your escort can do during your procedure?

Your loved ones can relax in our lounge and enjoy a cup of tea or coffee and read the daily newspaper and wide selection of magazines. Or take advantage of our free Wi-Fi computer lounge to check emails and browse the internet on either your computer or ours. They may also take a stroll on convenient Bethesda Avenue and visit the many stores, coffee shops, and restaurants. We'll call them when procedure is complete so they can return to office and join you in the recovery room.

Necessary information prior to the procedure:



- Patient registration form, medical history, signed HIPAA forms. All forms may be completed online or sent by fax prior to your visit.
- Referral form from your dentist indicating the recommended wisdom teeth for extraction and other treatments.
- Panoramic X-ray done within the past six months. Your dentist may send it to us electronically or give you the film to bring. If you don't have a panoramic X-ray, we can obtain one in our office.



What is the ~~cost, payment options,~~ and insurance protocol?

The cost of the surgery depends on the number of wisdom teeth, degree of impaction, and type of anesthesia. Once an X-ray has been reviewed and treatment plan completed, the exact cost will be discussed. Wisdom teeth extractions and anesthesia are often considered under dental insurances. We have several payment options including short- and long-term plans. Those with insurance may choose to pay the surgical fees and receive reimbursement directly from their insurance company, or pay an approximate co-pay and we will submit the necessary claims. If you need special financial assistance to prepare for your desired procedures, a separate consultation appointment is recommended.

About Dr. H. Ryan Kazemi



Dr. H. Ryan Kazemi is an oral and maxillofacial surgeon certified by the American Board of Oral and Maxillofacial Surgeons. He received his dental degree from the University of Pennsylvania, School of Dental Medicine in 1990. Following a one-year internship at the Albert Einstein Medical Center in Philadelphia, he pursued surgical training at The Washington Hospital Center in Washington, DC, where he received his certificate in Oral and Maxillofacial Surgery. Dr. Kazemi has practiced in Bethesda, Maryland, since 1997, providing a full spectrum of oral and maxillofacial surgery procedures with emphasis on extractions, dental implants, bone grafting, and corrective jaw surgery.

Dr. Kazemi is a diplomat of the American Board of Oral and Maxillofacial Surgeons, and an active member of the American Association of Oral and Maxillofacial Surgeons, American College of Oral and Maxillofacial Surgery, Academy of Osseointegration, American Dental Association and Entrepreneur Organization.

He has served as the founder and president of several dental and implant study clubs in the Washington DC area. Dr. Kazemi has published and lectured extensively on dental implants, bone grafting, and practice management. His newsletter, *To-The-Point* is read by more than 2000 dentists every month. He is also the founder of DDSForums.com, a professional networking site for dentists.

Dr. Kazemi serves on the medical staff for D.C. United, the major soccer league team in Washington, D.C. and the US national soccer team for the care of their athletes.

Our expertise and service allow you to:

- Be treated by a specialty trained and skilled doctor
- Achieve the results you expect
- Have a speedy recovery
- Make appointments easily and efficiently
- Be seen quickly and on time
- Feel safe and comfortable
- Experience a warm and personal service

Experience oral surgery care that...

Patients talk about

Referring doctors brag about

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