



PRESS RELEASE

## **The Sacramento Dentistry Group Responds: Take Time Off For Wisdom Teeth**

The removal of wisdom teeth is unfortunately a common experience for most teenagers and young adults. While multiple causes are suggested, including [shorter breast-feeding periods](#) for babies, the fact is that [wisdom tooth extraction](#) is a regular part of dental practice at the Sacramento Dentistry Group. So how much time for rest is required after removing wisdom teeth?

### **Why Rest is Needed**

When a wisdom tooth is removed, one of the largest holes possible is left behind in the jaw. Obviously, it is very important that this wound heal properly. Exertion raises blood pressure and can easily burst the blood clot that forms to seal the wound. Rest is demanded during the first 24 hours and recommended for at least a couple of days after that.

### **So How Much Sick Leave?**

A typical resting period after wisdom tooth removal is two to three days. Every patient has their own healing pattern, but a three-day rest is usually sufficient, if there are no complications. Light work can ensue after that for the next week.

Strenuous work or contact sports should not be resumed for at least one week. Also, wind musicians should avoid playing their instruments for at least one week too. The forces necessary to generate wind music can wreak havoc with a healing jawbone, so set aside the saxophones, clarinets, flutes, tubas, trumpets, trombones, French horns, whistles, kazoos and the like while you rest.

If a patient starts to experience increased post-operative swelling, pain in the ear, pain that is not helped by ordinary analgesics or difficulty swallowing, they should contact their dentist or oral surgeon right away. For answers to questions on procedures leading to [success after oral surgery](#), you can read the information at [sacramentodentistry.com](http://sacramentodentistry.com) or call [the dentists](#) at their downtown office on 1105 E Street at 916-538-6900.