

### Causes of Emergence of Wisdom Teeth and their Significance

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#### ABSTRACT

*Dental health is a branch of dentistry that involves the assessment of dental health needs and how dental health practices should be carried out. This article provides information about wisdom teeth.*

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The therapeutic department of stomatology includes several diseases of the oral cavity (dental and periodontal diseases, oral mucosa, and tongue diseases). The role of stomatological equipment and materials in the study, diagnosis, treatment, and preventive measures of oral diseases is incomparable.

Wisdom teeth are so named because they appear much later than the rest of the teeth, at an age when human mental development is considered perfect and when human intelligence begins to develop.

During the cutting of the lower wisdom teeth, when only a part of the tooth is visible, purulent inflammation often appears in the pocket formed between the gum and the tooth — pericoronitis. For the treatment of pericoronitis, it is recommended to cut the hanging gum. If pericoronitis often recurs, wisdom tooth removal is indicated.

We were taught that a healthy adult has 32 teeth. However, this is very outdated information. The wisdom tooth is the eighth tooth in the "eighth" row. We have 4 of them, and they erupt gums at the age of 18-25. Sometimes it doesn't appear at all or only half of it can appear.

In fact, in modern medicine, 28 teeth are the norm. Sometimes, due to the growth of rudimentary (residual) teeth, the number can reach up to 32.

If we look at the dental history of mankind, this picture emerges: in ancient times, people lived by chewing raw meat, roots, hard stems of plants, etc. was slightly wider than the jaw of a contemporary man. For this reason, 16 teeth on the top and as many teeth on the bottom are comfortably located, a total of 32.

However, over time, people switched to eating hot food, and the food teeth with large chewing surfaces began to disappear. Also, the human brain has increased in size and slightly compressed the jaw bone.

It is not necessary to remove the wisdom teeth. There are other rudiments in the human body, and the organism copes very well with the task of living in harmony with them. For example muscles that allow ear to move, cecal appendix or coccygeal bone.

Doctors say that if rudiments do not cause you discomfort, it is better not to touch them: the complications of the surgical procedure may be worse than the benefits you expect.

Erupted wisdom teeth should be left alone in the following cases:

- is healthy and does not cause discomfort to you;
- if it is fully grown;
- if it is located correctly (in a vertical position: the root is inside, the crown is outside);
- if it is easy to clean.

There is no need to shave if there is enough space in the jaw for wisdom teeth.

However, some dentists consider rudiments to be troublesome and a burden to get rid of at all costs. But there are reasons to be saved. For example, they can serve as a pillar for dentures that are placed when other teeth are removed.

If your wisdom teeth do not hurt and you are in doubt, it is better to leave the decision-making power to a qualified dentist.

Sometimes rudimentary octaves do not fit in the jaw.

Wisdom teeth should be removed in the following cases:

Wisdom has teeth, but cannot pierce the gums. Therefore, third foods cause pain and swelling in the gums and jawbone. In addition, there is a high probability of accumulation of bacteria that inflames the gums and damages other teeth.

It is difficult for a toothbrush to reach the outermost part of the jaw, where the wisdom teeth are not fully grown. It is almost impossible to reach the tiny wisdom teeth that are not fully formed. It is necessary to get rid of them before they become caries. Caries, in turn, can cause severe pain and blood damage.

1. Wisdom teeth grow unevenly If there is not enough space for the wisdom teeth to grow, they move the gum constantly: they can be in a horizontal position or in a position that clamps another tooth. This is the reason for the intense pain.
2. Wisdom teeth do not fit in the jaw. In this case, not only the teeth but also the jawbone are eroded. Excessive pressure on soft bone tissues and their inflammation can lead to other complications - diseases of the jaw joints and muscles involved in chewing, sinusitis, and mental disorders.

This is the task of surgeon-dentists. A specialist will determine whether the cause of pain in the back of the mouth is wisdom teeth. Maybe it will be necessary to treat other teeth altogether.

If there are no other frustrations, wisdom tooth extraction requires only one or two minutes and local anesthesia. In more serious cases, surgery may be performed using sedatives.

The recovery process after wisdom tooth removal lasts from 5 days to 2 weeks. During this period, the dentist may prescribe you anti-inflammatories, pain relievers, and vitamins.

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