

## Health Advice

### My wisdom teeth hurt. Any ideas?

It could well be pericoronitis. This is an inflammation of the gum surrounding a tooth, most commonly an erupting lower wisdom tooth.

### The causes of pericoronitis

- Food debris and bacteria trapped beneath the gum covering the tooth
- Trauma to the gum from the opposing tooth

### What can be done for it?

- Hot salt water mouth washes (one teaspoon of salt, dissolved in a cup of hot water at regular intervals)
- Corsodyl mouthwash as directed by the dentist
- Antibiotics or pain killers may be necessary
- Smoothing opposing tooth, if it is biting onto the swollen gum

Current expert advice is to only remove wisdom teeth if they give rise to repeated bouts of pain and discomfort.