

wisdom teeth worries, need for braces?

Source: <http://sci.tech-archive.net/Archive/sci.med.dentistry/2005-03/1652.html>

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Date: 03/10/05

Date: 10 Mar 2005 09:54:10 -0800

I had two wisdoms out on my left side, several years ago. It was no picnic. At the time, I had none showing on my right side. Well last week I felt one of those suckers poking through on my right side.

I went an got an xray and both top and bottom need to come out so I made an appointment for extraction. Bottom is impacted. I'm terrified because last time, it took the nerve near my chin two years to heal due to the impacted tooth's removal.

This past week, my teeth have been ultra sensitive and all my teeth feel like they're being pushed together very tight. The bottom fronts are getting more crooked by the day! My teeth no longer close together like they did. Very uncomfortable and depressing, just waiting for the appointment.

I'm really worried this time around about the healing of any nerves.

Also, I don't want to wear braces as an adult. Are there any alternatives these days to help straighten?