

Plano Dentist Addresses Whether 30 Is Too Late for Wisdom Teeth Removal

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Vitality Dental, a boutique wisdom teeth removal practice in Plano serving patients across Collin County, is addressing a question the office hears weekly from adults in their 30s and 40s: whether they have aged out of safe third molar surgery. The practice holds a 4.9-star rating across more than 1,000 verified Google reviews.

The short answer, according to the practice, is a clear no. Age is one factor among several, not a cutoff. Adults from Plano, Frisco, Allen, McKinney and Richardson routinely undergo the procedure well past their 20s, often because a wisdom tooth that stayed quiet for decades finally triggers crowding, decay in a neighboring molar or an infection found on a routine X-ray. What changes with age is not eligibility but planning: roots are more developed and jawbone is denser, making precise nerve mapping more important, not less.

"Patients in their 30s and 40s often assume they missed their window, and that stops them from getting care they need," said Dr. Andrew Kung, DDS, FAGD, lead dentist at Vitality Dental. "Our approach focuses on imaging each case individually so an older patient understands their specific risk before deciding anything."

Vitality Dental uses 3D Cone Beam CT scanning on every wisdom teeth evaluation to map the position of the inferior alveolar nerve before any incision, a step that becomes especially relevant for adults whose lower roots may sit close to that nerve. Standard panoramic X-rays flatten a three-dimensional structure into a two-dimensional image and cannot accurately quantify that proximity, which is why the practice treats the scan as a required part of every surgical evaluation rather than an optional add-on. The scan also reveals cystic changes, root resorption and sinus communication risk that a flat X-ray can miss entirely. In higher-risk cases, the practice may recommend a coronectomy, an intentional partial-root technique that reduces the chance of permanent nerve injury while still resolving the underlying problem.

The practice classifies each tooth before any treatment discussion, accounting for impaction angle, jawbone depth and nerve relationship. That classification determines surgical complexity, the anesthesia plan and a realistic recovery timeline before an appointment is ever booked. Recovery for desk work typically runs 3 to 5 days, while physically demanding or high-exertion roles call for 7 to 10 days to protect the healing extraction site during the critical first week.

Adults are the fastest-growing segment of wisdom teeth patients the practice currently sees, and many arrive after years of avoiding the dentist entirely. Sedation options range from nitrous oxide for mild anxiety to IV sedation for phobic patients or complex extractions, an approach that reflects the practice's judgment-free positioning for people who have delayed care. Recovery follows an opioid-minimized protocol, combining over-the-counter pain management with platelet-rich fibrin application at the extraction site where clinically appropriate, which supports clot stability and reduces post-operative swelling without the dependency risks of narcotic prescriptions. A privately owned practice serving Plano since 2016, Vitality Dental is not a DSO or chain, so patients see the same doctors and the same team at every visit, from the initial 3D scan through the final follow-up.

Adults weighing wisdom teeth removal, coronectomy or sedation options who want a case-specific evaluation using 3D imaging can request a consultation with the Plano dental team at Vitality Dental at <https://vitalitydentaldfw.com/services/wisdom-teeth-removal/>.

About Vitality Dental

Vitality Dental is a privately owned, boutique dental practice serving Plano, Texas since 2016. Led by Dr. Andrew Kung, the team provides wisdom teeth removal, dental implants, sedation dentistry and comprehensive family care using advanced 3D imaging. The multilingual team speaks English, Mandarin, Korean, Spanish and Japanese. Vitality Dental is located at 1220 Coit Rd #106, Plano, TX 75075. Phone: (972) 964-3800. Website: <https://vitalitydentaldfw.com>.

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For more information about Vitality Dental, contact the company here: Vitality Dental Dr. Andrew Kung +19726454100 info@vitalitydentaldfw.com 1220 Coit Rd #106, Plano, TX 75075

Vitality Dental

Vitality Dental is a boutique, high-touch practice?the antidote to the cold, corporate dental clinic. Whether you need a quick checkup or have put off a complex restorative procedure out of fear, Dr. Andrew Kung and his team listen without judgment.

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