

Wisdom Teeth Removal: Quick Recovery Guide

Follow your surgeon's instructions if they differ from this guide.

Day-by-Day: What to Expect

- **Day 0 (surgery day):** Oozing is normal. Swelling starts. Stick to soft/cool foods.
- **Days 1–2:** Swelling at peak. Stiffness and bruising increase.
- **Days 3–4:** Swelling begins to improve. Mouth opening gradually increases.
- **Days 5–7:** Most feel significantly better; mild soreness may persist.

Don'ts

- No straws for 7+ days (suction causes dry socket).
- No smoking/vaping/nicotine — strongly increases dry socket and infection risk.
- No vigorous rinsing, spitting, or Waterpik® at extraction sites.
- Avoid heavy exercise for 48–72 hours (can restart bleeding).
- Avoid crunchy, sharp, or seedy foods that can lodge in sockets.

Cleaning the Sockets

- Brush normally but avoid the surgical sites for the first few days.
- Syringe (if given): start only when instructed, usually after day 7.
- Mild odor/taste is normal as sites heal — improves with gentle rinsing.

Do's

- Bite gauze with firm pressure 30–45 min until bleeding slows.
- Ice packs 15–20 min on/off for the first 24–48 hours.
- Take medications as prescribed — stay ahead of pain.
- Sleep with head elevated the first 1–2 nights.
- Hydrate frequently — small sips all day.
- Gentle salt-water rinses after day 1 — let water fall out, don't spit.

Food Ideas

- **First 24 hrs:** smoothies (no straw), yogurt, pudding, applesauce, protein shakes, lukewarm soup.
- **Days 2–7:** scrambled eggs, mashed potatoes, oatmeal, soft pasta, mac & cheese.
- **Avoid:** chips, nuts, popcorn, rice, seeds (gets stuck), crusty bread.

When to Call Our Office

- Bleeding not slowing after repeated firm gauze pressure.
- Fever over 101°F (38.3°C), chills, or worsening swelling.
- Pain suddenly worsens around days 3–5 — possible dry socket.
- Pus, drainage, worsening bad taste, or concern for infection.
- Trouble breathing or swallowing, or any allergic reaction to medication.

 **Reminder:** Discomfort and swelling are normal early on. Protect the clot, stay hydrated, and keep foods soft until cleared.

General education only. Your care plan may differ based on your anatomy and procedure