



Wisdom Teeth

Removal Recovery Timeline

Day 1: Just had my wisdom teeth removed!



Feeling a bit groggy from the anesthesia, but the procedure went well. Following the doctor's post-op instructions to ensure a smooth recovery.

Days 2-3: It's been a couple of days since my wisdom teeth removal.



Slight swelling and discomfort are normal at this stage. Taking it easy and sticking to a soft food diet. Remembering to gently rinse my mouth with saltwater.

Days 4-7: Almost a week into my wisdom teeth removal recovery.



Swelling and pain are gradually subsiding. Slowly reintroducing solid foods into diet. Staying on top of pain medication as needed. Patience and self-care are key!

Week 2: It's been two weeks since my wisdom teeth were taken out.



The stitches are dissolving, and the discomfort is fading away. Resuming light activities and maintaining good oral hygiene. Progressing steadily!

Week 3: Three weeks into my wisdom teeth removal recovery.



Almost back to normal! Minimal swelling and pain left. Gradually returning to my regular diet and brushing gently around the extraction sites. Celebrating progress!

Week 4: One month post-wisdom teeth removal!



Fully healed and feeling fantastic. No more discomfort or swelling. Grateful for the support and care during this journey.