

# Wisdom Teeth Removal Recovery Checklist

Do These Things for Faster Healing

- **1. Control Bleeding Properly** Keep gauze in place for 30 minutes. Replace with fresh gauze and bite firmly if bleeding continues. Light oozing is normal on day 1.
- **2. Manage Swelling** with Ice Apply ice pack (wrapped in towel) 20 minutes on / 20 minutes off for first 48 hours. After day 2, switch to warm compresses.
- **3. Rest and Elevate Your Head** Rest at home 3–5 days. Keep head elevated with extra pillows while sleeping to reduce swelling and bleeding.
- **4. Take Pain Medication** as Directed Take prescribed or OTC pain meds (ibuprofen or acetaminophen) as soon as numbness starts to wear off. Alternate for best relief.
- **5. Maintain Gentle Oral Hygiene** Start 24 hours after surgery: gentle warm salt-water rinses (1 tsp salt in 1 cup warm water) after meals. Brush other teeth normally; avoid extraction sites.
- **6. Eat Smart** During Recovery Stick to soft foods for first 3–5 days: • Yogurt & pudding • Smoothies (spoon only) • Mashed potatoes • Scrambled eggs • Applesauce • Protein shakes • Well-cooked pasta • Lukewarm soup • Ice cream / frozen yogurt • Oatmeal
- **7. Stay Hydrated** Drink plenty of water throughout recovery. No straws allowed!