

WISDOM TEETH REMOVAL RECOVERY TIMELINE

THE FIRST 24 HOURS

Initial Recovery

- Right After Surgery
- Rest and Ice Pack
- Soft Foods

DAYS 2-3

Overcoming the Hurdles

- Swelling Peaks
- Jaw Stiffness
- Continue with Soft Foods

DAYS 4-7

The Road to Recovery

- Swelling and Bruising
- Gradually Resume Activities

WEEK 2

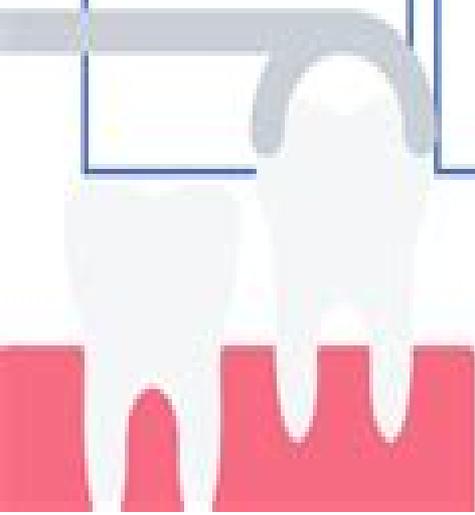
Almost There!

- Extraction Site Healing
- Sore Jaw Becomes Less Sore
- Eating Becomes Easier

BEYOND WEEK 2

The New Normal

- Encourage Healing
- Regular Check-ups



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