

7-DAY POST-OPERATIVE RECOVERY CALENDAR

Track medications, symptoms, and recovery day by day.

Patient Name: _____

Procedure: Extraction of wisdom teeth

Surgery Date: _____

Surgeon: Dr. Consky

	Day 1 (Surgery)	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Medications	• Motrin/Ibuprofen • Tylenol/Acetaminophen 325mg as needed for pain • Antibiotics • Start Medrol Dose Pack (if prescribed)	• Motrin/Ibuprofen • Tylenol/Acetaminophen 325mg as needed for pain • Antibiotics • Medrol Dose Pack (if prescribed)	• Motrin/Ibuprofen • Tylenol/Acetaminophen 325mg as needed for pain • Antibiotics • Medrol Dose Pack (if prescribed)	• Motrin/Ibuprofen • Tylenol/Acetaminophen 325mg as needed for pain • Antibiotics • Medrol Dose Pack (if prescribed)	• Motrin/Ibuprofen • Tylenol/Acetaminophen 325mg as needed for pain • Antibiotics • Medrol Dose Pack (if prescribed)	• Motrin/Ibuprofen as needed for pain • Tylenol/Acetaminophen as needed for pain • Antibiotics	• Motrin/Ibuprofen as needed for pain • Tylenol/Acetaminophen as needed for pain • Antibiotics
Expected Symptoms	• Numbness • Nausea • Sleepiness	• Numbness at the extraction sites (if Exparel was used)	• Numbness decreasing • Expect waning of pain, but peak swelling	• Pain that is improving • Mild pain, swelling, and soreness	• Feeling better	• Feeling better	• Feeling better
Reasons to Call the Office	• Fever, chills, or fresh bleeding that does not stop	• Swelling/Numbness of the tongue, lip, or chin	• Pain that increases or wakes you up at night	• Pain that increases or swelling worsens	• Pain that increases or swelling that gets worse • Fever, chills, or pus	• Pain that increases or swelling that gets worse • Fever, chills, or pus	• Pain that increases or swelling that gets worse • Fever, chills, or pus
Notes for Parents/Caregivers	• Patients may not want to eat a lot. • No chewing and no hot foods because of numbness—warm is ok. • Keep your lips moisturized with Chapstick or lip balm.	• Start chewing soft foods—ex. pulled meats, stewed beans/baked beans. • Swelling typically increases for the first 3 days following the procedure.	• A slight sore throat or earache is possible. • Discoloration or bruising may develop on the side of the face and neck area.	• Rinse the lower extraction site(s) with the irrigation syringe.	• Rinse the lower extraction site(s) with the irrigation syringe.	• Rinse the lower extraction site(s) with the irrigation syringe.	• Rinse the lower extraction site(s) with the irrigation syringe.
ADDITIONAL NOTES: _____ _____				OFFICE PHONE: (404) 378-2331			



If you have trouble, breathing, uncontrolled bleeding, or a severe allergic reaction, please call 911 and head to the nearest emergency room.

Always follow the specific postoperative instructions provided by your surgeon. These instructions are general guidelines and may be adjusted based on your specific procedure and needs.