

Wisdom Teeth Recovery Kit Tracker

Designed by Premier Dentistry of Gresham to guide your recovery with confidence.

Day-by-Day Recovery Tracker

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Pain & Medication Tracker

Medication:

Dosage:

Pain Level:
(Scale 1-10)

Note:

Red Flag Checklist

- Increasing pain after Day 3
- Persistent bleeding after 24 hours
- Foul taste or odor
- Swelling that worsens over time
- Difficulty opening mouth or swallowing

Pain & Medication Tracker Instruction

How to Use Your Gresham Wisdom Teeth Recovery Kit This tracker is designed by Premier Dentistry of Gresham to help you monitor your healing progress after wisdom teeth removal. Filling it out daily makes recovery smoother, keeps your dentist informed, and helps prevent common post-surgery issues.

1. Day-by-Day Recovery Tracker

Use the spaces labeled Day 1–Day 7 to record how you feel each day. Write brief notes about:

- Pain level (mild, moderate, or improving)
- Swelling (increasing or decreasing)
- Foods eaten (smoothies, soups, soft solids)
- Activities (walking, resting, sleeping)

Goal: Track progress and notice trends—most patients feel 70–80% better by Day 7.

2. Pain & Medication Tracker

This section helps you safely manage your medications and discomfort:

- Medication: Write the name (e.g., "Ibuprofen," "Amoxicillin").
- Dosage: List the amount and timing (e.g., "800 mg at 8:00 AM").
- Pain Level (1–10): Rate your pain before and after taking medication.
- Notes: Include side effects or improvements ("Felt drowsy," "Pain dropped to 3/10").

Goal: Prevent overmedication and help your dental team adjust your care if needed.

3. Red Flag Checklist

Check the box if you notice any of the following warning signs:

- Pain that increases after Day 3
- Persistent bleeding beyond 24 hours
- Foul taste or odor
- Swelling that worsens instead of improving
- Trouble opening your mouth or swallowing

If any box is checked, call us immediately at (503) 661-1111.

4. When to Review Your Tracker

Bring your completed tracker to your suture check appointment (Days 7–10). Your dentist will review it with you to confirm that your healing is on track and address any lingering concerns.

5. Tips for Success

Fill out your tracker twice daily (morning and evening).

Keep it somewhere visible—like your nightstand or bathroom counter.

Stay hydrated and rest well between entries.

Use this form as a communication tool—your notes help us care for you better.

Important Reminder

This tracker is for personal use and does not replace professional medical advice. Always follow the post-operative instructions provided by your Premier Dentistry team, and contact us if symptoms worsen or change suddenly.