

**POST-OPERATIVE CARE INSTRUCTIONS  
TOOTH EXTRACTION**

1. **Do not sip through a straw, spit, or rinse for 24 hours after surgery.**
2. **Do not drink or eat anything hot**, such as coffee, tea, soup, or other hot foods. You may eat warm or cold foods.
3. **Bite on the gauze for 30 minutes.** If you are still bleeding, replace gauze every 30 minutes until bleeding stops. If you are still bleeding after several hours, wrap a tea bag in gauze and bite on it for 30 minutes.
4. **Do not smoke for 24 hours.** Smoking will cause bleeding.
5. **Apply ice every 15 minutes**, on and off, for several hours.
6. Some discomfort can be expected for the first few days but will gradually subside with healing of the tissue. If you experience any discomfort, take two Tylenol, Advil, etc., or pain medication we have prescribed at **4-6 hour intervals**, or as prescribed.
7. To minimize swelling, place an **ice bag** on the affected side of your face, alternating fifteen minutes on the face, and fifteen minutes off the face. Continue applying ice to the area for the rest of the day.
8. If possible, at night **elevate your head** by using extra pillows.
9. Do not be surprised if you experience a little bleeding throughout the night. Put a towel over your pillow prior to going to sleep.

**If you have any questions or problems,  
please feel free to contact the office at any time.**



*Edwin Ginsberg, D.M.D.*  
*Vasiliki Batalias, D.D.S*

233 East Shore Road  
Great Neck, NY 11023

T (516) 466 - 1070  
F (516) 466 - 6367  
www.nsliperio.com