

## Instructions After A Tooth Extraction

Patient: \_\_\_\_\_

When a tooth is removed, a hole is left in the bone. A blood clot fills the hole to cover-up the bone. The blood clot is helpful to speed healing. If the blood clot is lost, bare bone becomes exposed. Dry exposed bone is called a "dry socket". **Dry sockets are very painful** and take a long time to heal. The blood clot must be protected to prevent a dry socket, therefore our office recommends the following to protect the blood clot.

### TO PROTECT THE BLOOD CLOT:

#### **DO**

- *Rest* – For the remainder of the day
- *Ice* – 30 minutes on/ 30 minutes off for 2 hours to decrease swelling
- *Elevate* – Your head for the remainder of the day
- *Gauze* – Keep in place for at least 1 hour
- *Medications* – If needed or given, take as directed on bottle
- *Nourishment* – Soft foods and liquids today

#### **DO NOT**

- *Smoke* – Not for 48 hours
- *Rinse* – Not for 24 hours; after 24 hours you may rinse with warm salt water
- *Spit* – Not for 48 hours
- *Drink* – Not with a straw
- *Alcohol* – no alcoholic beverages for 24 hours
- *Sodas* – No carbonated beverages for 48 hours

\*If anything unusual happens or if you have a problem, please call the office.