

**You've had a tooth extracted-now what?**

In order to avoid getting a "dry socket" (painful condition caused by a lost blood clot) please follow these instructions:

- **DO NOT** smoke for 48 hours! (Smoking is the #1 cause of dry sockets)
- **DO NOT** rinse for 24 hours
- **DO NOT** spit or suck
- **DO NOT** drink through a straw
- Keep your fingers and tongue away from the socket. Continue applying biting pressure on the gauze for the first 15 minutes after the extraction. You can expect to bleed for several hours and may also have some light oozing of blood the next day.
- Be still! Even activities such as walking, talking and bending will prolong the bleeding.
- Do not take aspirin-containing products - they will not allow your blood to clot normally. It is best to take the prescription(s) you have been given. If the prescription makes you overly tired or nauseated, you may reduce the dosage, or take Tylenol instead. It is best to take something for the pain before the anesthesia wears off.
- If you have been prescribed an antibiotic, please take the entire bottle. To stop prematurely may allow resistant bacteria to develop - then the antibiotic may not work for you and there may not be a satisfactory alternative.

**If you have heavy bleeding for more than 4 hours or if you begin to feel ill,**

**Please Call Dr. Susan Baker**

**Office: 770-448-3333**

**Dr. Baker's Cell Number: 770-851-6972**