

# AVOID SUCTION TO PREVENT DRY SOCKET

After a tooth extraction, a soft blood clot forms in the socket. This clot protects the bone and nerves underneath. If suction pulls the clot out too early, a dry socket can form, which is painful and slows healing.

## **Key Points to Avoid Suction:**

1. Do not drink through a straw for at least 7 days.
2. Do not smoke or vape—both create suction and heat that can disrupt healing.
3. Avoid spitting forcefully. Let liquid fall out of your mouth instead.
4. Do not swish or rinse hard during the first 24 hours.
5. Keep your mouth relaxed when drinking from a cup or bottle.
6. If you use nicotine, choose patches or lozenges instead of inhaled products.

Protecting the clot is the best way to avoid dry socket. Gentle habits make healing faster, easier, and more comfortable.