

STEPS TO STOP DRY SOCKET FROM SMOKING

1. STOP SMOKING BEFORE YOUR EXTRACTION

Smoking tightens blood vessels and slows healing. Quit at least 48–72 hours before your tooth removal.

2. PROTECT THE BLOOD CLOT

After the extraction, a soft blood clot forms. This clot must stay in place to prevent dry socket. Avoid anything that creates suction.

3. DO NOT SMOKE FOR AT LEAST 72 HOURS

Nicotine, heat, and suction all raise the risk of dry socket. Wait a minimum of three days. Longer is even safer.

4. IF YOU ABSOLUTELY MUST SMOKE

Do not inhale strongly. Keep your mouth relaxed. Do not use straws or take deep drags. Cover the extraction site with damp gauze to reduce suction.

5. CHOOSE ALTERNATIVES

Use nicotine patches, gum, or lozenges instead of cigarettes or vapes. These avoid suction and heat.

6. RINSE GENTLY WITH SALT WATER

After 24 hours, rinse lightly with warm salt water. This keeps the area clean without disturbing the clot.

7. STICK TO SOFT FOODS

Eat soft, cool foods for 1–2 days. Avoid crunchy snacks that can break the clot.

8. WATCH FOR WARNING SIGNS

Call a dentist if you notice strong pain on Day 2–4, bad smell, bad taste, or exposed bone.

Following these steps helps protect your healing site and lowers the risk of dry socket.