

## **Irrigation Instructions**

If you have been provided with an irrigator (small plastic syringe), you should begin using it **1 week after surgery on the lower extraction sites after each meal and at bedtime**. Fill the irrigator with lukewarm water. You may add a small amount of Peridex. Make sure to get the tip of the irrigator into the extraction site and flush out the extraction site completely. This may be uncomfortable at first, but keeping the site clean reduces the chance of infection or improper healing.

## **Dry Socket**

After tooth extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. A dry socket occurs when the blood clot is dislodged from the surgery site exposing the bone and fine nerve endings. This condition is more common in back teeth, particularly wisdom teeth, although it can occur in any extraction site. Dry socket occurs two or more days after an extraction and can last 5-6 days.

### **Avoiding dry socket:**

**Do not smoke or suck through straws.**

Clean the extraction site as instructed and follow all at-home instructions.

Avoid sucking action from smoking, spitting or using straws for the first 24 hours.

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