

PAIN MEDICATIONS (Ultram, Tylenol 3, Lortab, Norco etc.)

Prescription pain medicines are for severe pain following a surgical procedure. If you were prescribed pain medication prior to your surgery please bring it with you to your surgery appointment. It is recommended to take these 2-4 hours following your procedure prior to the numbing wearing off and to continue every 4-6 hours for a total of 12-24 hours. For severe pain, adults can take their prescribed pain medication every 4 hours. Also adults can *alternate* one or two prescription pain pills (those with Tylenol –Acetaminophen- in them such as Lortab, Vicodin, Ultracet, and Tylenol 3) with two or three Advil™ every few hours for severe pain. These medicines may cause mild stomach aches, so take with food. After the first 24-48 hours, nonsteroidal anti-inflammatory medicines such as Advil will take care of most discomfort and help with swelling. **Please note Hydrocodone(Lortab, Vicodin, Norco) CANNOT be phoned in to your pharmacy due to Federal Regulations.** If you develop severe throbbing pain 3-4 days after your procedure which is not relieved with pain medication, notify our office.

STEROIDS (PREDNISONE TAPER or MEDROL DOSE PACK) (*sometimes prescribed*)

A short dose of oral steroids greatly diminishes facial swelling. Begin **the day before** your procedure if possible; otherwise, begin the morning of you procedure.

Prednisone 5 mg tapering dose (4-3-2-1) may be taken as follows: day 1-1 tab four times a day/ day 2- 1 tab three times a day/ day 3 - 1 tab twice a day/ day four - one tab.

The Prednisone should begin **the day before** your procedure if possible. The day of your procedure, take one tablet of day two. If for some reason you are unable to begin your medication the day before procedure, begin the morning of your procedure.

PERIDEX ORAL RINSE (*sometimes prescribed*)

Peridex is a mouth rinse with antibacterial properties. It has been shown to decrease the chance of patients developing infections or a dry socket. Swish with it the **evening** before your procedure and again in the **morning** before coming to the office. **Do not use Peridex again until 24 hours after your procedure.** Then rinse twice a day for 4 days after your procedure for extractions; rinse for two weeks after implant, gum graft, or bone graft. **Do not eat or drink for 30 minutes after rinsing with Peridex. Prolonged use of Peridex (several weeks) may cause staining of the teeth.**

ANTIBIOTICS

Antibiotics are often prescribed to take one dose one hour before your procedure and one dose six hours after your procedure. A full 10 day course of Antibiotics are sometimes prescribed for 1) procedures involves grafting (Gum or Bone) or Implant placement, 2) if there is evidence of preoperative infection, or 3) if patients are at a high risk of developing infections (ie Diabetes). If you are prescribed antibiotics (Amoxicillin, Keflex, Clindamycin, Erythromycin, Tetracyclines, etc.), you should complete the entire course. Erythromycins should be taken on an empty stomach. Tetracyclines should not be taken with milk products. Otherwise, antibiotics may be taken with food. Antibiotics have been reported to interfere with the contraceptive mechanism of Birth Control Pills. Females are advised to use an alternate form of contraception.

PHENERGAN/ZOFRAN

Phenergan or Zofran are used post operatively to prevent nausea and vomiting. If you experience these symptoms, Phenergan or Zofran should be taken with food thirty minutes prior to taking your pain medications.

ARNICA MONTANA (Do not take if you are on blood thinners)

Arnica Montana is a homeopathic remedy that minimizes bruising and swelling. This homeopathic remedy is optional, but recommended unless you are on anticoagulant therapy (Coumadin, Xarelto, Pradaxa, etc.) Dissolve four tablets under your tongue twice daily beginning one day before your procedure.

As with any drug, side effects and allergies may develop. If you develop a skin rash, wheezing, difficulty breathing, swelling of the tongue or throat, or persistent diarrhea, stop taking all medicine and notify the doctor.

IV SEDATION/GENERAL ANESTHESIA: PLEASE NOTE THAT IF YOU ARE HAVING IV SEDATION/GENERAL ANESTHESIA YOU MUST TAKE YOUR MEDICATIONS ONLY WITH SIPS OF WATER. NO OTHER FOOD OR DRINK.

F:\APS\WORDDOCS\SURGERY INSTRUCTIONS\SCRIPT.DOC