



MEDICATION POST-OPERATIVE INSTRUCTIONS:

You were probably given one or more prescriptions for medications to take after your appointment today. You may get them filled at any pharmacy. Make sure to eat/drink something prior to starting any of your medications. Take all medications with a full glass of water and as directed on the bottle. You may start your regular prescriptions the night after your surgery unless directed otherwise. (Do **NOT** start any medications on an empty stomach!)

Anti-Nausea: If you were prescribed this medication, start taking this 1st, 30 minutes before you start taking prescription pain medication. This will prevent any nausea that you may experience from the pain medication or from the anesthesia.

Pain Medicine: The most discomfort you will experience is usually immediately after the local anesthesia wears off and will last the first 1-2 days following surgery. If you were prescribed a narcotic pain medication, take as needed. If you are experiencing an increased amount of pain, meaning one prescribed pain pill is not working well, you may add 400mg ibuprofen along with one pain pill for the first day following surgery (no Tylenol because there is most likely already acetaminophen in the narcotic pain medication.) This combination works better than taking two narcotic pain pills at a time. Please try to stop taking the narcotic pain medication as quickly as you can tolerate. Narcotics can make you drowsy. Do not drive, operate machinery, or drink alcoholic beverages while taking this medication.

If you were NOT prescribed pain medication or able to STOP taking the narcotic, you may alternate taking 600mg Ibuprofen and 500mg Tylenol every 4-6 hours as needed for pain. (Do NOT exceed 2400mg of Ibuprofen per day and do NOT exceed 2000mg Tylenol per day!).

Remember, you do NOT have to take the prescription pain medication if you do not want to or do not need it.

***See backside of this sheet for more information about your pain medication.**

Antibiotics: Start this medication in the early evening after your surgery unless directed otherwise by your doctor. Do not quit halfway. It is always good to take a Probiotic while taking an antibiotic because they may upset your stomach.

- For Females on Birth Control Pills: Taking an antibiotic while taking birth control may decrease the effectiveness of the hormones to prevent pregnancy. Please take the appropriate precautions.

Mouth rinse: Start this rinse the morning of the day after your surgery. Swish with 15ml for 30 seconds and spit, two times per day for the next week to two weeks (once in the am and once in the pm). Use warm salt water rinses 4-5 times in between using the mouth rinse. Be aware that if you use this mouth rinse over an extended period of time, it may stain your teeth a brownish color. This is not permanent and may be cleaned off at your next hygiene appointment with your general dentist. You can use the mouth rinse as directed, and brush your teeth right after to help prevent the staining.

- If you were not prescribed a mouth rinse, please use warm salt rinses 4-5 times a day for the next week.

Please contact the office any time for the following problems:

- Uncontrolled bleeding or pain longer than 6 hours after surgery.
- Numbness from the local anesthetic lasting longer than 6 hours after surgery.
- Elevated temperature (>100.5 F).
- Swelling that begins or increases several days after surgery. (It starts to get better but then gets worse!)
- Inability to open mouth persisting beyond 7 days.
- Persistent irritation at the IV site.
- Any adverse reaction to taking your prescribed medications.
- A bad taste in your mouth that started several days following surgery.



USING OPIOIDS RESPONSIBLY:

You may have been prescribed a narcotic pain medicine for pain control. The most common medications used are codeine (Tylenol #3), Tramadol (Ultram), Hydrocodone (Norco/Vicodin) and Oxycodone (Percocet). Narcotic overdose and abuse have become an increasingly significant cause of life-threatening complications and medical emergencies. Because these medications can be dangerous if not used and stored properly, your provider can only prescribe them safely if you follow these “DO’s and DON’Ts” for taking opioids responsibly.

DO take your opioid and non-opioid pain medicines as prescribed. Make sure you take the right dose of medication at the right time. Remember, you do NOT have to take the narcotic if you do not want to or need to.

DON’T take extra doses unless directed by your surgeon. If you take extra doses without the direction of your health care provider, you could become very sick or even die from an opioid overdose. If you have severe, increased, or new pain; do not just take more of your opioids. Call your surgeon to decide on the best course of care.

DON’T take someone else’s prescriptions.

DO tell your primary health care provider if you are on a pain contract that you have been prescribed an opioid by our office.

DO tell your surgical provider about all medications and supplements you currently take. This includes illegal or legal use of marijuana or other illicit drugs.

DON’T drive a motor vehicle or operate dangerous machinery if you have taken any type of narcotic pain medication. State laws may determine what kinds of jobs you can do when taking opioids.

DON’T drink alcohol or take “street drugs.” It is not safe to drink alcohol or use illegal “street drugs” when you are taking opioids. They can impair your ability to manage your opioid therapy and interact with the medication causing severe harm or death.

DON’T sell or give away your opioids. This is dangerous and illegal.

DON’T let other people take or use your medicines. This is dangerous, illegal and can lead to criminal charges. Keep your medicines in a safe and secure place. Protect your opioids from damage, loss and theft. Keep your opioids in a safe, locked place, out of reach of family, children, visitors and pets.

DO always store your opioids in the original labeled container. If you travel, carry the current prescription in the pharmacy labeled bottle. This will help you answer any questions about your medicine. Store the medication in a safe location to protect against accidental ingestion by children or others. If you are concerned about the safety of storing medicines in your home, tell your provider so you can talk about how to handle this problem.

*****PLEASE VISIT OUR WEBSITE TO SEE YOUR POST-OP INSTRUCTIONS ON VIDEO*****

Contact your pharmacy to discuss proper disposal of any leftover medication.

We are available and happy to answer any questions that you may have during regular business hours, but if you have an emergent question after business hours, we do have an after-hours call service that will direct you with the on-call doctor. This is simply our office phone number (907) 222-5052. If you feel that you are having a life-threatening emergency, please call 911 immediately for assistance.