

POST-OP MEDICATIONS

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MANAGING PAIN

ANTI-INFLAMMATORY MEDICATIONS

WHEN ARRIVING HOME

It is beneficial to have food and/or drink prior to taking any medication. We suggest to start off with something bland and then within a couple hours of being settled, begin oral medication.

- There are both prescription and over the counter anti-inflammatory medications. Over the counter medications that we suggest include: Advil, Ibuprofen, or Motrin. For the prescription anti-inflammatory medication we prescribe Medrol Dose Pack or the generic form Methylprednisolone.
- They are used for the prevention of pain and swelling and should be taken first.
- Begin by taking a steroid tablet followed by a dose of 600 mg of an over the counter medication 60-90 minutes later.
- Although Day 1 of Medrol Dose Pack has 6 pills, only 5 of the tablets need to be taken if you arrive home later than noon on the day of your surgery and split up as evenly as possible from the time arriving home until bedtime.
- Note: When using 600 mg of Ibuprofen (or 800 mg of Ibuprofen if you are 170 lbs. or greater), it can be taken up to four times in a 24 hour period.

NARCOTIC

- Narcotics that we prescribe in our office include: Norco, Hydrocodone, Percocet, and Vicodin.
- Narcotics should only be taken if Ibuprofen is not enough. If that is the case, the narcotic and ibuprofen should be alternated. They can be taken two hours apart from one another.
- Use the Narcotic as prescribed on the bottle which is generally every 4 to 6 hours.

TO KEEP IN MIND

When taking any prescription it is wise to have some food in the stomach. None of the prescriptions are required but rather are suggested. Every patient's medications may vary. If you experience an allergic reaction to any of the medications prescribed or have any questions, please give our office a call at 303.768.8222.

ANTIBIOTICS

- Antibiotics that we prescribe in our office include: Keflex, cephalexin, amoxicillin, cleocin, and clindamycin.
- The antibiotic is to be started 3 to 6 hours after arriving home. It is best to get at least two doses in the first day and then as prescribed starting the next day.
- It is suggested to finish the full course of antibiotics to prevent a post-op infection. If any stomach problems occur it would be best to use a probiotic while taking the antibiotic.

MEDICATED RINSE

- The medicated rinse that we prescribe is called Peridex or Chlorhexidine Rinse.
- This rinse is to kill any bacteria that may be around the sites where surgery was performed and should be started the morning after surgery.
- For patients that have had surgery without any grafting: The rinse should be used morning and night for 7 to 10 days.
- For patients that have had surgery with grafting: The rinse should be used morning and night for two weeks and then an over the counter mouth wash that is peroxide based should be used morning and night until seen for the post-operative check.
- Note: When rinsing for the first 7 days, the rinsing should be done lightly.