

## PAIN MANAGEMENT

Please follow the below over the counter pain management protocol.

Beginning once you get home, and are able to swallow, take up to 800mg Ibuprofen and up to 500-1000mg of Acetaminophen (Tylenol) as needed for pain control.

**IBUPROFEN**  
(800mg)  
*also known as Advil*



**Please Note,** If you were given a prescription pain medication, you may substitute that pill for the Acetaminophen (Tylenol) if the pain is still not managed by the above protocol.

**DO NOT** take Tylenol if you take the prescription pain medication the doctor prescribes. This medication already has acetaminophen in it, and you could exceed the safe daily limit.

**Use the chart on the back of this sheet to record the times you take each medication to keep track of your dosages as you go.**

# Post Operative Instructions

## *for Oral Surgery Patients*

We are excited to be a part of your journey of better health, better function of your teeth and mouth. Remember to be patient as things take time to heal.

### **1- Medications**

- If medications have been ordered for you, take them as directed.
- Ibuprofen 800mg every 6-8 hours as needed
- Tylenol 500mg every 6-8 hours as needed
- Alternate taking ibuprofen/tylenol that way you take something every 3-4 hours.

### **2- Bleeding/Swelling**

- It is normal to bleed/swell after getting teeth pulled. We will send you home with some extra gauze to help with the bleeding.
- Essentially the bleeding should stop when you get home. If it doesn't, use the extra gauze and leave it in for about 30 more minutes.
- If you swell after surgery that is normal. The swelling will go down in the next 2-3 days. If the swelling is still present 5-6 days following the surgery please give the office a call.

### **3- Eating**

- Keep your diet soft. Avoid anything that will create a vacuum in your mouth. Example straws, smoking, swishing vigorously.

### **4- Dry sockets**

- The best way to avoid dry sockets is to keep your mouth clean. This should be done by brushing your teeth in your usual manner.
- Also by doing what the doctor has prescribed. Taking medicine, keeping your diet soft and maintaining a well balanced diet.

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