



8715 Lebanon Rd St #300 Frisco TX-75024 Ph: 972.335.2201 www.friscodental.com

POST OPERATIVE PAIN MANAGEMENT

What do I do if I have pain?

Post operative pain can be managed well if you adhere to the following instructions:

1. Please take rest for the first 24 hours following your surgery.
2. Eat a soft diet which will lower your chance of having upset stomach with the medications.
3. Take the following medications as advised.
4. If you have been taking pain medication prior to your visit due to any other condition or if prescribed by your physician, please inform your doctor at the time of your visit to prevent medication interactions or overdosing.

Note: If you have been advised by your physician to avoid one of these medications then do not take that particular one and please inform us of the same.

a. Ibuprofen(Motrin, Advil)

- Three 200 Mg tablets every six for pain.
- Do this for 3 days whether you are having pain or not. It will minimize inflammation at the site of surgery.

OR

b. Acetaminophen(Tylenol) Extra Strength

- 2 Tabs every 6 hours while symptoms last
- Do not more than 6 pills in 24 hours, unless advised by your doctor.
- OTC (DO NOT TAKE IF taking prescription medication)

If you have been advised, you may alternate Tylenol and Ibuprofen.

5. If your pain is not controlled or you have been instructed to do so, then take your narcotic pain prescription as advised.

a. Oxycodone or Hydrocodone

As advised by the doctor.

NOTE:

***Please note that some amount of discomfort is common after surgery. Please take your medications as advised to minimize post operative pain and discomfort.**

*** If you have any known allergies to any of the above pain medication please DO NOT take those medications and inform our office as soon as possible.**

***If at any point your pain worsens or is not controlled by medications as advised, please inform our office as soon as possible.**

***If you have questions about medications or need assistance with pain management, please call our office at 972-335-2201.**

