

Donna L. Massoth DDS, MSD, PhD, PLLC

Douglas R. Dixon DMD, MSD, PhD

Periodontics & Implant Dentistry

PATIENT MEDICATION INSTRUCTIONS

RECOMMENDED MEDICATIONS

CHLORHEXIDINE RINSE Rinse **gently** twice daily beginning two days after surgery

Chlorhexidine rinse is an antimicrobial rinse to be used daily for 2-3 weeks following periodontal surgery. This rinse aids in healing, may reduce tooth sensitivity, and is an important part of your therapy. Some patients may experience staining of the teeth as a side effect; however, Dr. Massoth's staff can remove any staining after Chlorhexidine Rinse is discontinued.

IBUPROFEN (200 mg) 2 tablets (400mg) every 5/6 hours for 3 days beginning one hour prior to surgery

Ibuprofen is an over-the-counter nonsteroidal anti-inflammatory drug used to control pain and inflammation. It also goes by the brand names Advil or Motrin. Our patients report that ***if taken on a regular schedule***, ibuprofen is very effective at treating surgical pain. After 3 days of scheduled use, take as needed for discomfort. Do not take this medication if you have or have had kidney impairment, peptic ulcers, or gastrointestinal bleeding; or if you take anticoagulant medications (e.g., Coumadin).

ACETAMINOPHEN 325mg/500mg Take as package directs as needed for pain

For those who experience "breakthrough pain" on their ibuprofen schedule, Tylenol can be used in addition. Take 1-2 Tablets on a schedule every 4 – 6 hours staggered with your ibuprofen schedule. These two medications work on different parts of the pain pathway and together provide very effective pain relief. Do not exceed 3000mg in any 24 hour period. Do not continue for more than 10 days. Overdose or use with alcohol can cause liver damage.

OPTIONAL MEDICATIONS

ARNICA MONTANA 30c

Arnica Montana is a homeopathic, natural, remedy used to relieve post-procedural pain, and to help recover from minor injuries, or minor bruising. Arnica Montana can be found at QFC, PCC, Wholefoods, and Metropolitan Market. Dissolve 5 pellets under your tongue, 3 times per day for 5 days as directed on the package.

ALPRAZOLAM .5MG Take 1 tablet the night before surgery, 1 or 2 tablets one hour before surgery

Alprazolam is a prescription medication that helps reduce anxiety. **Do not drive** if using this medication as this drug may cause drowsiness.

If you have any questions regarding your medications, please do not hesitate to call our office!

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TYLENOL 3 with CODEINE ACETAMINOPHEN (TYLENOL) 300mg with CODEINE 30mg

Tylenol 3 with codeine is a prescription pain medication used to control pain. If needed, take 1 tablet every 4 -5 hours. Acetaminophen with codeine can also be used between doses of ibuprofen for breakthrough pain. Do not exceed 3000 mg of Acetaminophen in 24 hours. Overdose or use with alcohol can cause liver damage. This medication can cause nausea in some patients.

If you have any questions regarding your medications, please do not hesitate to call our office!