

PAIN MANAGEMENT FOLLOWING ORAL SURGERY

Unfortunately, most surgery is accompanied by some degree of discomfort. The local anesthetic administered during the procedure typically has a 3 to 6-hour duration, and it may be difficult to control pain once the anesthesia has worn off. We therefore advise you to take the pain medication within 2 hours following your surgery to "get ahead of" the pain.

Our goal following the surgical procedure is to decrease post-operative discomfort while limiting the patient's exposure to opioid medications. Opioid pain medications are very effective at controlling discomfort, but they are highly addictive.

Below is your schedule of pain control medication recommended by Dr. Burns. Contact our office with any questions or concerns. It is important to keep a record of the amount and time of your pain medication doses. A chart is included to help you keep track of this important information. Please be mindful of and record how much of these medications you are taking each day. **Never exceed the daily limit of acetaminophen or ibuprofen listed below.**

ADULT DAILY LIMIT OF ACETAMINOPHEN =	3000mg	= 6 x 500mg tablets
ADULT DAILY LIMIT OF IBUPROFEN =	3200mg	= 16 x 200mg tablets or 5 x 600mg tablets

FOLLOW ONLY THE SCHEDULE MARKED BELOW AT THE TIME OF YOUR SURGERY.

YOU ARE TO TAKE:

☐ **OVER-THE-COUNTER PAIN MEDICATION**

1. Take Advil (Ibuprofen): 600mg (3 x 200mg tablets) by mouth every 6 hours as needed for discomfort.
2. In addition to Advil, you may also take Tylenol Extra Strength (acetaminophen): 500 mg (1 tablet) by mouth with the Advil at the same time.

☐ **PRESCRIPTION IBUPROFEN PAIN MEDICATION**

1. Take Ibuprofen: 600mg (1 tablet) by mouth every 6 hours for discomfort.
2. In addition to the Ibuprofen, you may also take Tylenol ES (acetaminophen): 500mg (1 tablet) by mouth with the Ibuprofen at the same time.

☐ **NARCOTIC PERCOCET PAIN MEDICATION**

1. Percocet is a narcotic and is only to be used if the pain is considerably uncontrolled despite taking one of the above protocols.
2. One Percocet 5/325 contains 5mg oxycodone AND 325mg acetaminophen.
3. Take ONE Percocet 5/325 tablet by mouth.
4. One dose of Percocet PLUS the ibuprofen/Tylenol combination (described above) provides 825mg of acetaminophen. Most people tolerate this amount of acetaminophen if the liver is healthy.
5. It is IMPERATIVE that you keep track of your daily consumption of acetaminophen and ibuprofen! DO NOT EXCEED THE MAXIMUM ALLOWABLE DOSE OF EITHER MEDICINE. Please refer to the chart above for these amounts.
6. The most common side effects of Percocet are nausea and constipation. Nausea can be lessened by consuming food before taking the medication. Every person taking Percocet will experience some degree of constipation.