

Pain Management

Pain Medications

For post op pain management, recommend:

- **two (2) tablets Extra Strength Tylenol**
- **two (2) tablets of Ibuprofen**
- **Take together and four (4) times a day**

Tylenol

- Each tablet of Extra Strength Tylenol is 500 mg
- A maximum of 4000 mg can be used short term for pain management in a healthy adult
- For patients under 150 lbs, only take 1 Extra Strength Tylenol
- Tylenol may not be recommended for patients with liver disease

Ibuprofen

- Each tablet of Ibuprofen is 200 mg
- Recommend taking 400 mg, but can take up to 600 mg of Ibuprofen 4 times a day
- Recommend taking Ibuprofen with food during breakfast, lunch, dinner, and before bed
- Ibuprofen is a NSAID (nonsteroidal anti-inflammatory drug). Motrin and Advil is the same as Ibuprofen. Different names used for the same medication
- A maximum of 3200 mg can be used short term for pain management in a healthy adult
- Recommend only taking Ibuprofen for the first 3-4 days to reduce risk of stomach irritation and/or ulceration

Recommend slowly tapering off the pain medication and take only as needed for pain management

Hot / Cold Therapy

- Ice pack for 10-15 minutes; numbs the area, don't use if it makes discomfort worse
- Heat (hot wash cloth or water bottle) for 10-15 minutes: reduces inflammation, don't use if it makes discomfort worse, wait 24 hours before using after oral surgery (extractions, implants, grafting, etc)
- Give 10-15 minute breaks between applications of hot and/or cold

Herbal Supplements

- **Arnica Montana:** used for wound healing, anti-inflammatory, and pain relief
- **St John's-Wort (Hypericum):** used for nerve pain / nerve trauma and an anti-inflammatory

Tissue Management

Salt Water Rinse: 3-4 times per day, 1 tsp per warm cup of water

- Wait at least 24 hours following surgery to reduce risk of disturbing the blood clot
- Patient's with high blood pressure should rinse with just warm water, no salt

Provantage Gel: 5 times/day for the first week; continue 2 times/day after 1st week

- Pump and apply to tongue, then wipe the gel throughout the mouth with the tongue, spit out extra after applying throughout the mouth
- Contains essential oils and antioxidants improve healing and patient comfort

