



HOW TO TAKE THE PRESCRIBED MEDICATIONS FOR DISCOMFORT

A. IBUPROFEN (Motrin) 800mg is to be taken one tablet starting one hour before the procedure. You should continue taking this medication every 6 hours as needed. This is a non-narcotic pain reliever and anti-inflammatory medication. This may be the only pain medications required.

B. ACETAMINOPHEN WITH CODEINE (Tylenol #3), **VICODIN** or **PERCOCET**. You are to take 1 of these tablets as soon as you get home after the periodontal surgery and continue taking 1 tablets every 6 hours **AS NEEDED FOR PAIN**. This is a combination narcotic and non –narcotic pain reliever for moderate to severe pain. Narcotics may occasionally cause nausea. It is best to take with food to minimize nausea. Do not drive while taking. This medication can be taken with the Ibuprofen for the maximum pain relief.

C. MEDEROL Dose Pack is a steroid medication used to reduce swelling and inflammation. Start this medication the day before your surgery. Take 6 pills (2 in the morning, 2 in the afternoon and 2 in the evening) the first day followed by 5 pills on day two, 4 pills on day three, 3 pills on day four, 2 pills on day five and 1 pill on day six.

ANTIBIOTICS FOR INFECTION PREVENTION

A. AMOXICILLIN 500mg (Take 1 tab 3 times per day) Start this medication the day before the procedure and continue taking 3 per day until the prescription is completed. It can be taken with food.

B. METRONIDAZOLE (Flagyl) 250mg. (Take 1 tab 4 times per day) Start this medication the day prior the procedure and continue taking 4 per day until the prescription is completed. Take with food. Do not drink alcohol while taking.

D. CLINDAMYCIN 150mg. (Take 1 tab 4 times per day) Start this medication the day before the procedure and continue taking 4 per day until the prescription is completed. Take with food.

PLEASE NOTE: antibiotics may alter the effectiveness of oral contraceptives.

ANTISEPTIC RINSE

PERIDEX (Chlorhexidine Gluconate .12%) Swish before bedtime starting the evening of the procedure and continue two times per day until the bottle is used up. Take ½ ounce (the fill-line in the bottle cap) and swish gently for 30 seconds then spit out. If possible do not rinse with water or drink or eat afterward if possible, for 30 minutes. This is the most effective oral antiseptic and will aid healing by eliminating oral bacteria. The rinse may taste bitter and alter the taste of some foods. It may also stain your tongue and teeth. The stains can be removed at your follow up appointment.

Please ask us if you prefer a non-staining mouth rinse.

MANAGING MEDICATION SIDE EFFECTS

NAUSEA and DIARRHEA: Nausea and diarrhea are common side effects of antibiotic and pain relievers containing narcotics such as Tylenol with codeine, Vicodin and Percocet.

To reduce these symptoms, you can try the following:

1. Take some probiotics. Antibiotics may harm the "good" bacteria in your stomach, which may be the cause of your discomfort. Probiotics or dairy products (like yogurt) replace the good bacteria that have died off.
2. Drink ginger tea: ginger-based drinks have shown their effectiveness in soothing the stomach. In fact, ginger also has a reputation in traditional medicine for relieving pain.
3. Eat small portions frequently: Eating a few small meals, rather than three main ones, throughout the day may prove helpful. **If you have any questions or concerns call the office. The office number is 954-427-5700.**

Dr. Avi may also be reached on his mobile at 305-389-5211.

