

## Surgery Medications

Medications should *never* be taken on an empty stomach. Eat something. Wait 60 minutes. Take medication(s). Questions about medications should be directed to your pharmacist. Do not stop taking blood pressure meds!

### **ANTIBIOTIC – Start day before surgery**

Amoxicillin    Clindamycin    Doxycycline    Z-pack (1 refill? Y or N)    Augmentin    Other \_\_\_\_\_

Take antibiotic with pain medication before the numbness wears off. Antibiotics are *absolutely* necessary after periodontal treatment. Typically, the antibiotic will be for **7 to 10 days** depending on what antibiotic you are placed on. Take as directed on bottle until completely gone.

### **PAIN RELIEVER**

Tylenol #3    Ultram    Norco    Other \_\_\_\_\_

Take before numbness wears off and as needed thereafter. Take pain meds as needed and as directed; no more often than every 4-6 hours. Any above pain medication can be replaced with up to 800mg over the counter ibuprofen up to 4 times per day/3200 mg per day (Advil, Motrin). Do not drive while taking narcotics (ex. Norco). Acetaminophen (Tylenol) can be taken every 4-6 hours as well not to exceed 3000 mg/day (Norco and Tylenol #3 already contain acetaminophen).

**For moderate pain: 400-600mg Ibuprofen PLUS 1000mg Tylenol taken together every 4-6 hours**

### **STEROID – Start day before surgery (IV sedation will start day after surgery)**

Medrol Dosepak (methylprednisolone)    Other \_\_\_\_\_

Steroids are prescribed for some procedures. Steroids are to be taken for swelling, when swelling is noticeable, usually the day of or the day after procedure. Follow directions, as written, on back of blister pack. Once you start the packet, you must finish it.

### **RINSE**

Peridex    StellaLife    Perioscience    Other \_\_\_\_\_

Gently rinse twice a day for 7-10 days. Peridex may leave a dark stain on teeth, but it polishes off at your next cleaning.

### **ORAL SEDATIVE**

Halcion (Triazolam)    Cocktail Sedative (Diazepam, Lorazepam, Hydroxyzine)    Other \_\_\_\_\_

An oral sedative is taken 90 minutes prior to surgery unless otherwise specified. You will need a driver to and from your appointment and are not allowed to drive for the entire day as the effects of the sedative can last for for 6-12 hours.



## Recommended Soft Food Diet

Eggs scrambled or fried

Cottage cheese

Yogurt

Oatmeal

Protein shakes (ensure)

Smoothies

Ice cream

Pasta (egg noodles)

Mash potatoes

Apple sauce or pureed fruit

Pudding

Bananas

Mangoes

Avocados

Canned fish

White rice

Steamed Vegetables

