



### HOW TO TAKE YOUR MEDICATIONS AFTER ORAL SURGERY:

- If prescribed, please take the antibiotic as indicated on the bottle and follow the pharmacist instructions.
  
- Best pain control strategy:
  - Begin medication before local anesthesia wears off. For the **FIRST** dose **ONLY**, take **both** 1 Ibuprofen 600 mg and 1 Tylenol Extra-strength **together**. Allow at least 1-3 hours for medication to take effect.
  
  - **3 hours** later, the next dose will be **1 Tylenol** Extra-strength (500mg each, over the counter).
  - **3 hours** later take the **Ibuprofen** 600mg,
  - **3 hours** later take the Tylenol etc...effectively alternating the two medications every three hours without taking each medication less than 6 hours.
  
  - Using this alternating regimen of Ibuprofen and Tylenol ES will allow you to keep a steady amount of pain medication in your system and every three hours you will continue to take a different pain medication.
  
  - If you are able to adequately control your discomfort with this alternating regimen, continue to do so for the first 24-48 hours and then switch to an “as-needed” basis.
  
  - If the pain is severe and the above strategy is not effective, please call the office. If you were given additional pain medication stop using the Tylenol ES and at your next scheduled dose use the prescribed narcotic pain medication.
  
  - If the pain is severe and you did not receive a second pain medication prescription, please call the office. Dr. Ostuni will review the medication strategy with you and if necessary additional pain medication might be prescribed.
  
- Please follow the rest of the post-op instructions in the attached sheet.
  
- If you have questions or concerns, please do not hesitate to call the office.