

MEDICATION GUIDELINES FOR PRE-/POST-OPERATIVE PAIN MANAGEMENT

These guidelines are to assist in the medication management of pre-/post-operative pain after an oral surgery procedure. Opioid (narcotic) analgesic medications should be reserved for severe pain and only when the highest dose of combination non-narcotic medication is not effective.

IF NSAIDS (IBUPROFEN/ADVIL/MOTRIN) CAN BE TOLERATED (If you are unsure if you can take NSAIDs, contact your physician. If NSAIDs are contraindicated, but you are able to take an oral steroid, alert Dr. Barnhart):

*Preoperatively take Ibuprofen 600 mg every 6 hours starting 24 hours prior to your oral surgery procedure.

Pain Severity	MEDICATION RECOMMENDATION
MILD	Ibuprofen 600 mg every 6 hours for the first 2-3 days, then every 6 hours only if needed for pain.
MODERATE	Ibuprofen 400 mg every 6 hours alternating with Acetaminophen (Tylenol) 500 mg every 6 hours until pain improves, then take only as needed for pain. See example medication schedule for mild to moderate pain below to alternate. If pain isn't controlled following this protocol then do a "pain cocktail" instead, which consists of Ibuprofen 400 mg together with Acetaminophen (Tylenol) 1000 mg every 6 - 8 hours for 72 hours. Alternate for fever reduction.
SEVERE/Breakthrough Pain (pain not controlled by medication listed above)	Prescribed narcotic medication (such as Hydrocodone 5mg/Acetaminophen 325mg) every 6 hours AS NEEDED for pain and Ibuprofen 600 mg every 6 hours, then when pain improves, take only AS NEEDED for pain.

NOTE: If under 100lbs, or under 14 years of age, please consult with Pediatrician or follow package guidelines for appropriate doses.

EXAMPLE MEDICATION SCHEDULE FOR MILD TO MODERATE PAIN (for a 60 minute oral surgery procedure scheduled at 8am):

	6 am	7 am	8 am	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	12 am
Acetaminophen Tylenol 500 mg				X						X						X			
Ibuprofen/Advil 400 mg	X						X						X						X

Ibuprofen 400mg: 6am noted as "premed" dose for procedure in the schedule above (take 600 mg as premed).

Acetaminophen/Tylenol 500 mg: 9am noted as the first dose postoperatively in the schedule above.