**FOLLMAR ORAL & MAXILLOFACIAL SURGERY** 14511 S. Bascom Ave.

KENNETH E. FOLLMAR II, DDS Los Gatos, CA 95032

TROY S. FOLLMAR, DDS (408)356-3146

frontdesk@follmaroms.com

follmaroms.com

**MEDICATION INSTRUCTIONS**

* **Pain Medication**: Your post-operative comfort is very important to Dr. Follmar. If these recommendations are not adequately controlling your discomfort, please call the office immediately for individualized instructions.
  + You were given 600mg of Ibuprofen immediately following your surgery. It is recommended to continue to take 400-600mg of Ibuprofen every 6 hours as needed for pain.
    - Ibuprofen is sold over the counter and is also sold under the brand names Advil and Motrin.
    - Over the counter dosing of Ibuprofen is in 200mg tablets. Take 2-3 tablets every 6 hours to total the recommended 400-600mg
    - Ibuprofen can cause stomach upset and rarely gastric bleeding, for this reason it is recommended to have a small meal before taking it. Half a glass of milk, a milkshake, or other dairy product would be a recommendation for this. Please remember not to use a straw.
  + When a patient’s procedure is expected to cause more post-operative discomfort, a narcotic pain medication is often prescribed.
    - The most commonly prescribed narcotic pain medications include Acetaminophen with Hydrocodone (Norco/Vicodin) and Acetaminophen with Codiene (Tylenol #3).
    - Both of the above listed medications are taken every 4 hours unless otherwise instructed.
    - Narcotic pain medications are very strong and can cause side effects for some patient. These adverse reactions include nausea, vomiting, skin rash, and disorientation. If you have never had a narcotic pain medication, it is a good idea to take ½ pill at first, then take the second ½ pill in 2 hours, not to exceed an average of one pill every 4 hours.
    - It is OK, and actually recommended to continue taking the above regimen of Ibuprofen in conjunction with your narcotic pain medication unless specifically instructed not to by Dr. Follmar.
    - For most patients Ibuprophen adequately controls discomfort after the first night and narcotic pain medications are no longer required.
* **Antibiotics**
  + Not all procedures require antibiotics. Quite often the risk of adverse reaction from antibiotics is greater than the risk of infection.
  + If Dr. Follmar does prescribe you antibiotics, please take as directed on the bottle.
  + Female patients taking oral contraceptives (birth control pills) should be aware that antibiotics can render these contraceptives less effective and increase the chance of pregnancy.
  + Adverse reactions from antibiotics include minor skin rash and stomach upset, and diarrhea, please call the office for instructions immediately if either of these occur. Very rarely, patients can have a severe allergic reaction, called anaphylaxis, causing difficulty breathing, this is a medical emergency that warrants an immediate call to 911.