

Bilski Dental Group

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POST-OPERATIVE PAIN CONTROL

We will always do our best to help prevent post-operative discomfort, but as with any dental procedure where hard (tooth) and soft (gum) tissue is manipulated, there is bound to be some discomfort. The following protocol will be of benefit to patients, provided they are not allergic to aspirin, Tylenol or Ibuprofen.

STEP 1: Take 600 mg of Ibuprofen (trade names: Advil, Nuprin, Motrin IB, or just generic Ibuprofen 200 mg). To get a total of 600mg, you must take 3 tablets of the 200 mg form. We prefer 600 mg (3 tablets) to 200 mg or 400 mg because the first 400 mg is for pain relief, the next 200 mg is anti-inflammatory in nature and this is what actually helps prevent pain. If in the event the 600 mg Ibuprofen upsets your stomach, cut back to 1 or 2 tablets. Take every four to six hours.

STEP 2: If the Ibuprofen does not control your pain, then alternate taking 2 tablets of Tylenol Extra Strength (Tylenol 500 mg, generic acetaminophen 500 mg) every four to six hours with the Ibuprofen 600 mg.

STEP 3: If the Ibuprofen does not control your pain, and taking the 2 tablets of Tylenol Extra Strength combination does not control your pain, then call our office (even if it is after normal office hours, you will most likely get an answering machine-leave your name and phone number and we will return your call) and we will phone a prescription for a narcotic. We will have you take the Ibuprofen 600 mg, one Tylenol Extra Strength, and one narcotic tablet every six hours. If this does not control the pain, then take the Ibuprofen 600 mg and 2 narcotic tablets. (NOTE: each narcotic tablet that we prescribe will have Tylenol in it as well as a narcotic.)

If you have any questions, please call our office, 216 524-4410.