



HOW TO TAKE THE PRESCRIBED MEDICATIONS

Take Only the Medications Highlighted

FOR DISCOMFORT

A. IBUPROFEN (Motrin) 600mg is to be taken one tablet starting one hour before the procedure begins. You should continue taking this medication every 4-6 hours as needed. This is a non-narcotic pain reliever and anti-inflammatory medication. You should not take it if you take Lithium or are allergic to Ibuprofen or aspirin. Rarely, serious gastrointestinal bleeding or ulceration may occur. Stop taking if significant stomach pain occurs and call your physician if it does not diminish. The purpose of this medication is to stop the discomfort at the nerve endings before it begins and to reduce swelling. It is alright to take this with the narcotic medication prescribed or OTC Tylenol. If the discomfort is mild this may be the only pain medications required. Taking with water is okay if having IV sedation. Do not use if taking Celebrex, Methotrexate or other NSAIDS. Don't stop taking daily aspirin but take it 6 hours after the Ibuprofen or 1 hour before or as long as needed.

***For Pain Management we suggest Ibuprofen 600mg. You may take one over the counter 500mg Extra Strength Tylenol with the 600mg Ibuprofen. This is a very effective combination of pain killers, which is as potent as Tylenol w/ Codeine alone. If this is not working, please call our office to request a narcotic.**

B. ACETAMINOPHEN WITH NARCOTIC Tylenol #3, Vicodin or Percocet. You may take 1 or 2 of these tablets as soon as you get home after the periodontal surgery and continue taking 1-2 tablets every 3-4 hours **AS NEEDED FOR PAIN**. This is a combination narcotic and non –narcotic pain reliever for moderate to severe pain and dulls the pain at the nerve endings as well as decreasing the brain's sensation of the discomfort. You should not take this medication if allergic to either ingredient. Narcotics will occasionally cause nausea and vomiting. Stop taking the medication if this occurs. It is best to take this with some food if possible. Do not drive while taking. It is advisable to take this with the Ibuprofen for the maximum relief. Do not drive if taking narcotic pain meds.

Sedative: HALCION 25mg. See specific instructions on sedation consent form. If you are very anxious and have a responsible Adult staying with you, you may take one the night before your surgery. Then take 1 tablet one hour before procedure. **Do not drive while taking: Halcion or Narcotics**

MEDEROL-STARTING THE DAY BEFORE your surgery, follow the directions on your drug packet.

ANTIBIOTICS FOR INFECTION

A. AMOXICILLIN 500mg (Take 1 tablet 2 or 3 times per day, depending on what your prescription dictates). Starting the morning of the procedure, take one tablet an hour before, then as directed. This antibiotic aids healing and helps prevent infection. It is related to Penicillin so you should not take it if allergic to Penicillin, Keflex, or have multiple allergies. It can be taken with food. Stop taking if you notice a rash or other allergic reaction. This antibiotic may alter the effectiveness of oral contraceptives. Do not use if taking Methotrexate.

B. METRONIDAZOLE (Flagyl) 500mg. (Take 1 tablet 2 times per day) Starting the morning of the procedure, take one tablet in the morning and one tablet in the evening. This is an antibiotic that is especially effective against periodontal bacteria, amoeba and trichomonads. Do not drink alcohol while taking. Stop taking if nausea, diarrhea, dizziness, numbness of extremities or yeast infection occurs. Do not take if on anticoagulants, Lithium, have liver disease or **OVER**

a history of seizures or nervous system disorders. A metallic taste may occur and is not a problem. This antibiotic can be taken with food. It may be taken with Amoxicillin or Ciprofloxacin for more complex infections.

C. CIPROFLOXACIN 500MG (Take 1 tablet 2 times per day) starting the morning of the procedure. Take one tablet in the morning and one tablet in the evening. Take with lots of fluids. Stop taking if diarrhea, restlessness, light-headedness, rash or other allergic reaction occurs. Don't take if pregnant or a history of central nervous system disorders, seizures or epilepsy. Don't take with Theophylline (Theodur). Avoid excessive sunlight and use care in driving a car. Stop taking if pain occurs in a tendon.

D. CLINDAMYCIN 300mg. (Take 1 capsule 2 times per day) Starting the morning of the procedure, take one tablet in the morning and one tablet in the evening. Stop taking if diarrhea occurs! If severe watery diarrhea occurs anytime up to one month after taking, call our office and see your physician for treatment.

E. ZITHROMAX 250mg, ZITHROMYCIN, Z-Pak #1 (Take 2 capsules the first day then 1 capsule per day for 4 days). Do not take with nondrowsy antihistamines (Seldane, Hismanal, or with statins such as Lipitor, etc.). Stop taking if edema, allergic reaction or severe diarrhea occurs and call your physician.

ANTISEPTIC

PERIDEX (Chlorhexidine Gluconate .12%) Swish before bedtime starting the evening of the procedure and continue two times per day, in the morning and in the evening until the bottle is used up. Take ½ ounce (the fill-line in the bottle cap) and swish gently for the full 30 seconds then spit out. Do not rinse with water or drink or eat afterward if possible for 30 minutes. This is the most effective oral antiseptic and will aid healing by killing bacteria. This is a medicine and may taste bitter and alter the taste of some foods. It may accelerate the natural rate of staining and may also cause some slight increase in tartar formation as the dead bacteria build up on the teeth. This can be minimized by brushing, tooth picking and flossing before rinsing. The stains and tartar can be removed at your follow up appointment.

AVOID CITRUS JUICES AND ACIDIC FOODS which will prolong tooth sensitivity to cold and hot following surgery.

Please ask us if you prefer a non-staining mouth rinse.

MANAGING MEDICATION SIDE EFFECTS

NAUSEA: Nausea is a common side effect of most pain relievers containing narcotics such as Tylenol with codeine, Vicodin and Percocet. Antibiotics also will occasionally cause nausea. Stopping or reducing the medications will usually alleviate the nausea. If it continues, take Emetrol which is available at pharmacies without prescription. We recommend sipping clear carbonated fluids (ginger ale, sprite) and only eating bland foods such as toast, crackers or rice. If nausea continues for more than 12 hours then a Compazine suppository can be prescribed by Dr. DeTure.

DIARRHEA: This sometimes happens after taking antibiotics. If it is mild you may continue taking the antibiotic. If it is more severe, stop the antibiotic. The diarrhea will usually stop on its own. Take LOTS OF FLUIDS AND JUICES and eat lots of bland foods such as chicken soup. Over the counter medications such as Imodium (two 2mg tablets four times per day) or Kaopectate will also help. If the diarrhea is severe and continues for more than 48 hours call the office or your physician. If severe, it may be necessary to see your physician for management.

Please call us if you have any questions or concerns about the medications prescribed. They all play a role in keeping you comfortable and assisting you to heal well. ***The office number is 772-283-1400. Dr. DeTure may be reached on his mobile at 954-599-6525.***

ANTIBIOTICS FOR PRE-MED

AMOXICILLIN 500mg. Starting one hour before surgery take 4 capsules (2 grams). This antibiotic aids healing and helps prevent infection. It is related to Penicillin so you should not take it if allergic to Penicillin, Keflex or have multiple allergies. It can be taken with food. Stop taking if you notice a rash or other allergic reaction. This antibiotic may alter the effectiveness of oral contraceptives.

CLINDAMYCIN 300mg. starting one hour before your surgery take 2 capsules (600mg). If severe watery diarrhea occurs anytime up to one month after taking, call our office and see your physician for treatment.