



## HOW TO TAKE YOUR MEDICATIONS & STAY AHEAD OF THE PAIN FOR PATIENTS WHO HAD IV SEDATION WITH THEIR PROCEDURE

If you were given IV sedation during your procedure, in most cases, you will be given antibiotics and steroids (to control inflammation, pain, and swelling) in your IV during surgery. Also, you will be given an IM injection (in the deltoid muscle located in your upper arm) at the end of the surgery. These are a great aid in controlling post-operative pain, swelling and complications.

Once you get home, starting about 4 hours after your surgery (or as soon as you feel ANY discomfort), begin taking Advil (ibuprofen) 3 tablets at a time (600 mg) , four times a day, for the next 5 days.

A good rhythm to get into is to take them at breakfast, lunch and dinner time.....and then just before bed.

Let us know if you have kidney problems or any other concern with taking ibuprofen. If while on this base of Ibuprofen you experience discomfort, then take one Extra Strength Tylenol immediately. This can be repeated 4 times a day. This stepwise method of taking over the counter pain meds, takes advantage of their synergistic combination and will control MOST post op pain.

If you drink alcohol every day, have any form of liver compromise, are over the age of 65 years old, or have any other problems taking Tylenol we may decrease or omit the Tylenol dose. Ask us if this pertains to you!

Finally, if there is breakthrough pain during this regimen, add one Percocet (or other narcotic prescribed). If you have no contraindications to taking these medications, these are considered safe doses and can be combined in this manner.

**AVOID GOING TO THE PERCOCET (or other narcotic medication) BEFORE TAKING IBUPROFEN AND TYLENOL TO SEE IF YOU NEED IT. PERCOCET IS A GREAT DRUG WHEN IT'S NEEDED, BUT CAN HAVE SIDE EFFECTS SUCH AS NAUSEA, CONSTIPATION, AND A POTENTIAL FOR ADDICTION ISSUES IF OVERUSED.**

Many of our patients find that they need little or none of this narcotic by taking the Advil and Tylenol correctly.

**IF AFTER FOLLOWING THIS ADVICE YOU HAVE UNCONTROLLED SEVERE PAIN CALL US FOR HELP. THIS IS NOT CONSIDERED NORMAL AFTER OUR SURGERIES.**

## **ANTIBIOTICS**

If you need antibiotics, and you had IV sedation, your first dose of antibiotics is usually given through the IV. We will prescribe an oral antibiotic to be taken starting 6 hours after surgery and continued until gone.

Whenever we give antibiotics, we recommend that you also take a PROBIOTIC. Because antibiotics kill not only “bad” bacteria, we are defending against, but also “good” bacteria found in your gut. The probiotic helps maintain the good bacteria. This can be taken in the form of yogurt, taking a few spoonfuls 1/2 hour before your antibiotic and 1/2 hour after (plain Activia yogurt is very good for this). Another probiotic option is to ask your pharmacist to recommend an over the counter probiotic in pill form. Continue to take probiotics for 2 weeks after the antibiotic is finished to minimize your risk of complications.

Drink plenty of fluids with your medications.

If you have any questions call the office at 631-6600