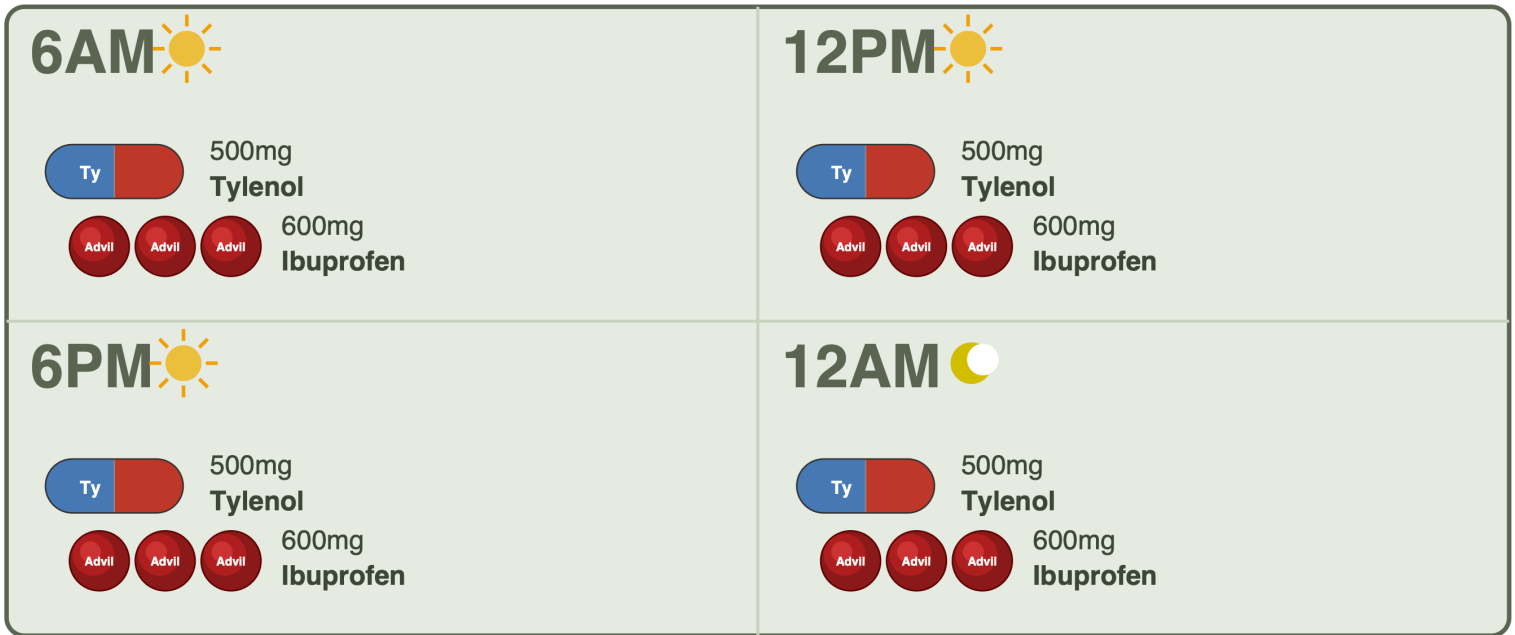


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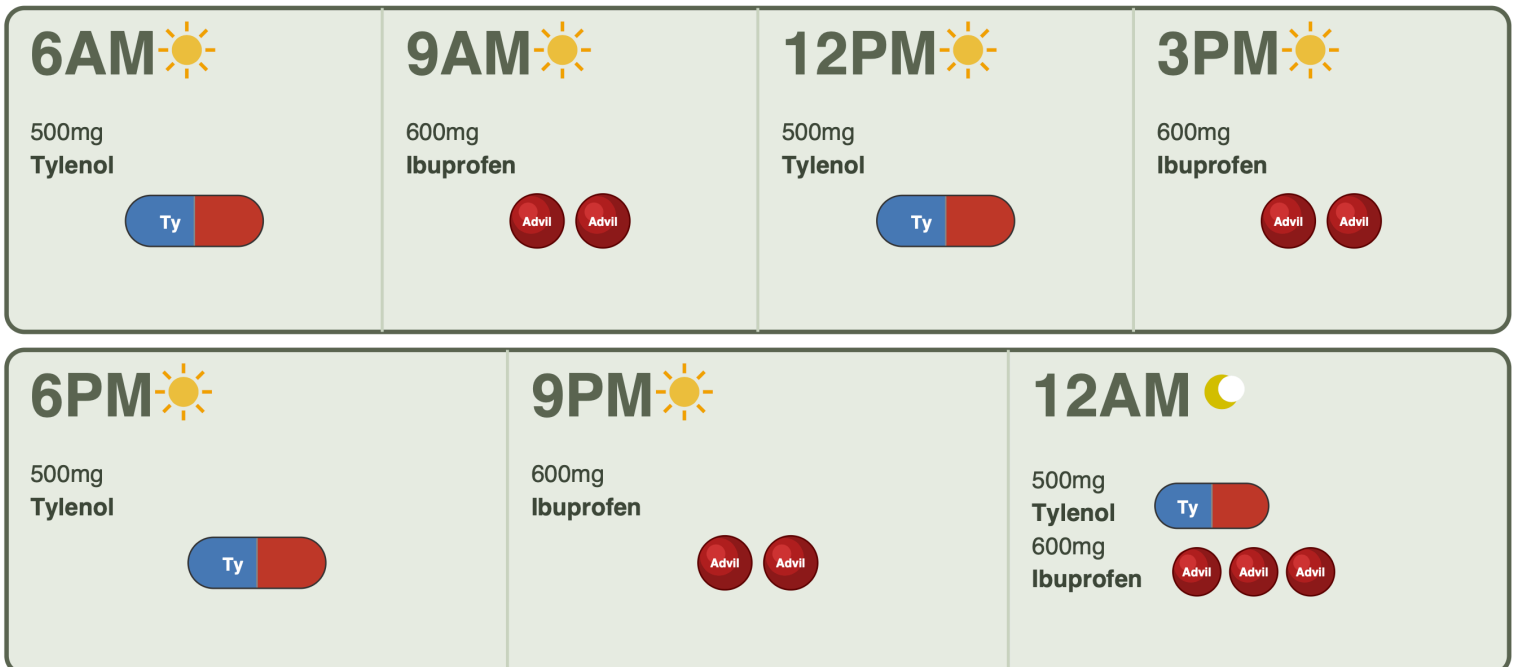
LIMITLESS ON DEMAND

Only for patients who are not allergic to tylenol or ibuprofen.

Schedule for Combination Therapy



Alternating Schedule for Combination Therapy



**Combined acetaminophen and ibuprofen for pain relief after oral surgery
in adults: a randomized controlled trial**

[A F Merry](#)^{1,2,*}, [R D Gibbs](#)³, [J Edwards](#)⁴, [G S Ting](#)³, [C Frampton](#)⁵, [E Davies](#)^{1,2}, [B J Anderson](#)¹



Patient Instructions following Oral Surgery

Discomfort:

You may have moderate discomfort after the anesthetic wears off. Most discomfort can be controlled by taking a combination of the non-steroidal anti-inflammatory ibuprofen (2 Advil tablets, 400 mg) and the analgesic acetaminophen (2 extra-strength Tylenol tablets, 1000 mg).

Bleeding:

Do not be concerned if traces of blood are present in the saliva for several hours after the operation. It is not unusual to have some slight bleeding. If the site continues to bleed, try to relax and gently rinse your mouth with ice-cold water. You may bite on a piece of gauze (or a moistened tea bag) and apply constant pressure for twenty minutes. Bleeding can be avoided by not rinsing your mouth for the first 24 hours after extraction, keeping your head elevated during the first evening, discontinuing your usual exercise regimen for 1-2 days, restricting yourself to a soft diet, and avoiding smoking, which delays healing and irritates the tissues.

Swelling:

In some cases, swelling is to be expected. To help alleviate this, ice packs may be applied to the outside of the face over the surgical area for 20 minutes on and 20 minutes off during the first 3 or 4 hours after surgery. Ice cubes in a plastic bag work as well as an ice pack. If swelling and discomfort persist, a warm, wet compress may be used over the area on the second and subsequent days. These are to be applied for 20 minutes on and 40 minutes off for 3 hours each day.

Oral Hygiene:

After surgery, it is important to keep your teeth and mouth as clean as possible. Beginning the day after the extraction, warm salt water rinses ($\frac{1}{2}$ teaspoon of salt in 6 oz. of warm water) can be used twice a day. During the first week, the untreated area should be brushed normally.

Antibiotics:

Antibiotics may be prescribed depending on the surgical procedure. It is important that they are taken as directed.

Nutrition:

Maintaining an adequate diet after surgery is important. Chew on the opposite side of your mouth and avoid extremely hard or spicy foods. Choose foods that provide nourishment with little or no chewing. Avoid using straws while drinking to prevent dislodging the blood clot.

Post-Operative Appointment:

You may be seen for a post-operative appointment within 10 days to 2 weeks following surgery.



Ready to build your office's post op sensitivity bag?

Below is a photo of the bags we use at Limitless Dental:

We use these clear bags, which I learned about from John Kois. They have a business card slot and are the perfect size for post op bags.

We include both printouts that came with this download - medication combination therapy and patient instructions following oral surgery.

Inside the bag are a branded gel pack and a travel-size Motrin to get them started. If you're interested in the gel packs, we order from Quality Logo Products. Use my code Limitless10 for 10% off.

Depending on the procedure, I will include a box of Stellalife Healing Gel. This is pricey, but in my opinion, it's worth it to reduce patient post-op sensitivity for a high-end experience.

