WAYZATA
PERIODONTICS & IMPLANTS

PAIN MANAGEMENT FAQs

What pain can I expect after surgery?
You can expect to have some pain after surgery. This is normal. The pain is typically worse the day after surgery and quickly begins to get better. Some studies have found that many patients are able to manage their pain after surgery with Over-the-Counter (OTC) medications such as Tylenol and Motrin. If you have a condition that does not allow you to take Tylenol or Motrin, notify your surgical team.

How will I manage my pain?
The best strategy for controlling your pain after surgery is around-the-clock pain control with Tylenol (acetaminophen) and Motrin (ibuprofen or Advil). Alternating these medications with each other allows you to maximize your pain control. In addition to Tylenol and Motrin, you can use an ice pack to help reduce your pain.

How will I alternate your regular strength over-the-counter pain medication?
You will take a dose of pain medication every three hours. Start by taking 650 mg of Tylenol (2 pills of 325 mg), 3 hours later take 600 mg of Motrin (3 pills of 200 mg), 3 hours after taking the Motrin take 650 mg of Tylenol, 3 hours after that take 600 mg of Motrin.
For example, if your first dose of Tylenol is at 12:00 PM:
12:00 PM Tylenol 650 mg (2 pills o f 325 mg)
3:00 PM Motrin 600 mg (3 pills of 200 mg)
6:00 PM Tylenol 650 mg (2 pills of 325 mg)
9:00 PM Motrin 600 mg (3 pills of 200 mg)
Continue alternating every 3 hours We recommend that you follow this schedule around-the-clock for at least 3 days after surgery, or until you feel that it is no longer needed.

What if I still have pain?
If you have pain that is not controlled with the over-the-counter pain medications (Tylenol and Motrin or Advil) you might have what we call "breakthrough" pain. You will receive a prescription for a small amount of an opioid pain medication such as Oxycodone, Tramadol, or Tylenol with Codeine. Use these opioid pills in the first 2 4 hours after surgery if you have breakthrough pain. Do not take more than 1 pill every 4-6 hours. If you still have uncontrolled pain after using all opioid pills, don't hesitate to call us. We will help make sure you are managing your pain in the best way possible, and if necessary, we can provide a prescription for additional pain medication.

Important: Do not take more than 4,000 mg of Tylenol or 3,200 mg of Motrin in a 24-hour period.

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