

# **DESERT MOUNTAIN ORAL MAXILLOFACIAL SURGERY**

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## **POST-OPERATIVE INTAKE AND MEDICATIONS**

These are basic guidelines regarding nutrition, fluids and medications for optimum postoperative recovery. Once home, call if you have any questions. 505-554-2575.

### **Nutrition and Fluids**

Once you get home, remove the gauze and drink some water. Once you drink the water and feel like your stomach is doing well, start eating. Start with a yogurt or a fruit smoothie type nutrition. Then drink more water, tea, Gatorade, etc. Then more nutrition; fruit smoothies, yogurt, protein drinks, pudding, etc. It may take a little effort to consume the nutrition and fluids, but it will greatly aid in your recovery. Keep the nutrition going and stay hydrated!

### **Medications**

Take the medications as prescribed. Antibiotics, mouth rinses, etc., take as they are written. In regards to pain medication, there are some alternatives. You may have been given a narcotic. Be careful with these medications. They are addictive, may cause nausea, vomiting, constipation, urinary retention, headaches, hallucinations, and drowsiness. Patients have great results with, and studies have shown that alternating ibuprofen, (Motrin, Advil) and acetaminophen, (Tylenol) provides superior pain relief to narcotics. The regimen consists of taking ibuprofen, then in three hours taking acetaminophen, then in three hours taking ibuprofen, three hours acetaminophen, and so on. Ideally a patient can take: ibuprofen 600mg, then in three hours take acetaminophen 1000mg, then in three hours take ibuprofen 600mg, then in three hours acetaminophen 1000mg, etc. This results in taking ibuprofen 600mg every six hours and acetaminophen 1000mg every six hours. **The maximum dose of ibuprofen is 2400mg and acetaminophen is 4000mg in a 24 hours period!** If you feel the need to take the narcotic, take it in place of the acetaminophen. Be careful because narcotics often contains acetaminophen. Check the label. Make sure you are getting good nutrition and hydration during this time and especially when you are taking the medications. If you do not tolerate ibuprofen, just stick with the acetaminophen.