



POST-OPERATIVE INSTRUCTIONS

Medications

IMPORTANT: Always follow the prescription label provided by your pharmacy first. The instructions below are general guidance to help you understand how and when to safely take your medications after surgery.

MEDICATIONS MOST PATIENTS RECEIVE

Most patients are prescribed:

- **Peridex® (Chlorhexidine) mouth rinse**
- **Ibuprofen** (for pain, swelling, and inflammation)
- **Pepcid® (Famotidine)** (to protect the stomach while taking anti-inflammatory medication)
- **Vicodin® (Hydrocodone/Acetaminophen)** (for breakthrough pain if needed)

Antibiotics

Antibiotics are **not routinely prescribed for every surgery.**

They are most commonly prescribed for:

- Dental implants
- Bone grafting procedures (especially block grafts)
- TADs / MARPE
- Soft tissue grafting
- Larger infections or more complex surgical procedures

Many patients receive **IV antibiotics during surgery**, and no oral antibiotics are needed afterward.

The choice of antibiotic and treatment duration depends on:

- Type of procedure performed
- Surgical site condition
- Medical history
- Medication allergies
- Infection risk

ADULT VS PEDIATRIC PATIENTS

Adults and teens:

May receive tablets or liquid medication depending on the procedure and ability to swallow pills.



Children and orthognathic surgery patients:

Typically receive liquid medications for easier dosing and safer administration.

HOW TO TAKE YOUR MEDICATIONS

IBUPROFEN (MOTRIN® / ADVIL®)

Purpose: Reduces pain, swelling, and inflammation

Adults:

600 mg every 6–8 hours as needed

Maximum: 2400 mg per day (4 tablets in 24 hours)

Pediatric:

Dose is based on weight and given every 6–8 hours

Maximum: 40 mg/kg/day

PEPCID® (FAMOTIDINE)

Purpose: Helps protect the stomach while taking ibuprofen or narcotic pain medication

Adults:

20 mg twice daily

Pediatric:

Follow pharmacy instructions

How to take:

- Take at the same time as ibuprofen when possible
- Continue while taking anti-inflammatory medication

VICODIN® (HYDROCODONE / ACETAMINOPHEN)

Purpose: For breakthrough pain not controlled by ibuprofen

How to take:

- Use only if discomfort is not controlled with ibuprofen (and Tylenol, if directed)
- Take every 6 hours as needed
- Take with food

Important Safety Information:

- May cause drowsiness, nausea, or dizziness
- Do **not** drive or operate machinery
- Do **not** combine with alcohol, sleep medications, Benadryl, or Halcion
- Do **not** take additional Tylenol while taking Vicodin

PERIDEX® (CHLORHEXIDINE) MOUTH RINSE

Purpose: Reduces bacteria and helps prevent infection

**How to use:**

- Begin the evening of surgery unless instructed otherwise
- Use twice daily (morning and evening)
- Rinse with 15 mL for 30 seconds, then spit
- No **not** swallow
- Do **not** eat or drink for 30 minutes afterward
- Use for **5 days only**

Note: Temporary staining of the teeth or tongue may occur and typically resolves after stopping use.

ANTIBIOTICS (IF PRESCRIBED)**General Instructions:**

- Start as directed by your surgeon
- Take exactly as prescribed
- Finish the entire course, even if you feel better
- Take doses evenly spaced throughout the day

Typical Duration:

- **5–7 days:** Most implant, graft, and soft tissue procedures
- **10 days:** Block grafts, orthognathic surgery, larger infections

Augmentin® (Amoxicillin/Clavulanate) is commonly prescribed for longer or higher-risk cases.

PROBIOTICS (IF UTILIZED)

Antibiotics can disrupt normal gut bacteria and may cause stomach upset, bloating, or diarrhea.

Taking probiotics may help support healthy digestion during antibiotic treatment.

How to take:

- Take **twice daily while on antibiotics**
- Continue for **3-10 days after completing antibiotics**

Timing:

Take the probiotic **at least 2 hours before or 2 hours after your antibiotic dose**

Example:

If your antibiotic is taken at 8:00 AM and 8:00 PM, take your probiotic around 12:00 PM.



PEDIATRIC WEIGHT-BASED DOSING (LIQUID MEDICATIONS)

Use **only the oral syringe provided by the pharmacy.**

Never use kitchen spoons.

Common weight groups:

20–30 lb | 30–40 lb | 40–60 lb | 60–80 lb | 80–100 lb | >100 lb

Common liquid concentrations:

- Tylenol®: 160 mg / 5 mL
- Ibuprofen: 100 mg / 5 mL
- Hycet®: 7.5 mg Hydrocodone / 325 mg Acetaminophen per 15 mL
- Keflex®: 250 mg / 5 mL
- Zithromax®: 200 mg / 5 mL

Your child's exact dose (mL) will be written on the prescription label.

STORAGE & MEASURING

- Shake liquid medications well before each use
- Store exactly as directed by the pharmacy
- Use only the provided oral dosing syringe
- Keep all medications securely out of reach of children

WHEN TO CALL THE CLINIC

Contact us immediately if you experience:

- Fever greater than 101°F after 48 hours
- Increasing swelling or pain after Day 3
- Rash, hives, or difficulty breathing
- Severe diarrhea or vomiting
- Excessive sleepiness or difficulty waking

ADARA SURGICAL INSTITUTE

Phone: 425-428-5888

After-Hours Emergency: 425-428-5888

Medical Director:

Hardeep Dhaliwal, MD, DMD



Supplements Recommended While Taking Antibiotics (Such as Amoxicillin)

If you were prescribed antibiotics as part of your post-operative care, please take both supplements included in your post-operative care package to help reduce potential side effects associated with antibiotic use.

Possible side effects of antibiotics include:

- Nausea
- Indigestion
- Vomiting
- Diarrhea
- Bloating
- Feeling of fullness
- Loss of appetite
- Stomach cramping or pain
- Intestinal infection (*Clostridioides difficile*, commonly called C. diff)

General Directions

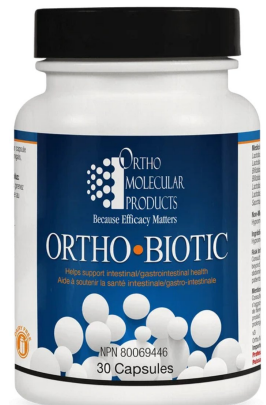
Take two capsules of each supplement twice daily. This means you will take a total of **four capsules, twice per day.**

- Begin taking the supplements when you start your antibiotic.
- Whenever possible, wait **at least two hours after taking your antibiotic before taking these supplements.**
- Continue taking the supplements for **3-10 days after your final antibiotic dose.**

Ortho Biotic®

Ortho Biotic® is a unique probiotic formula designed to deliver active organisms shown to promote healthy gut microflora, protect intestinal integrity and boost immune function. Included in this formula is *Saccharomyces boulardii*, an extensively researched microorganism shown to help restore microflora balance by enhancing commensal organism function. Each Ortho Biotic® capsule provides seven proven probiotic strains chosen for their ability to withstand the harsh gastrointestinal environment and adhere to the intestinal tract to deliver superior results.

Directions: Take **2 capsules twice daily.**



Candidid Forte

Candidid Forte provides a blend of nutrients, potent botanicals and essential oils to promote healthy microbial balance and immune support. Formulated with the goal of building a healthy gastrointestinal (GI) flora, Candidid Forte includes biotin, a nutrient that inhibits yeast from converting into the more aggressive fungal form. In addition, sodium caprylate is included to disrupt the metabolism of Candida and create a hostile environment for colonization. It also includes potent botanicals, such as berberine HCl, Pau d'Arco, oregano, rosemary, cinnamon and ginger, to sooth the GI tract, provide potent antioxidant support, and ensure microbial balance.

Directions: Take **2 capsules twice daily.**

