

**Dr. Ali Miamee's RX Instructions:** (Text questions to Dr Ali's emergency cell phone = 571-423-7945)

- I use these drugs for wisdom teeth cases, root canals, bone grafting, implants and gum grafting.
- There are only **2 drugs that are absolutely necessary (antibiotic pills and chlorhexidine mouth rinse)**
  - o Antibiotic pills will be taken every 8 hours for seven days in a row. That equates to 3 pills per day (one pill every 8 hours). Take them until they are all finished (21 pills over 7 days). Stop taking them and call me immediately if you have GI disturbance or diarrhea. The patient can die from diarrhea.
  - o Chlorhexidine irrigation is used 2-3 times per day, for 1 minute soaking procedures, to prevent infection. Use this chlorhexidine for 2 weeks post op.
- **I will call in several prescriptions (8-9 prescriptions)**
  - o They are all completely optional except the antibiotic pills & chlorhexidine mouth rinse.
- One of the drugs I will call in for you is called **Naloxone/Narcan nasal spray.**
  - o This is a narcotic reversal agent used to reverse the narcotics in the event of overdose.
  - o It is your choice if you choose to get this drug or not. Typically, it costs \$150 cash.
  - o Most my patients elect to decline this drug because it is expensive and not covered by their insurance.
  - o This is your choice to make but we recommend it for all our patients as a general rule to be extra cautious.
  - o Please ask the pharmacist for more information if you are unsure about getting it.
- **Cortico-Steroids are used to reduce post-op swelling:**
  - o I will call in 2 forms of cortico-steroids for you:
    - Dexo-methosone steroid pills (2 tablets)
      - Take 2 the morning of your dental surgery, prior to your dental surgery appointment.
    - Medrol Dose Pack (Methyl-Prednisolone)
      - Take this steroid the day after surgery
      - Take 6 pills on the day after surgery, take 5 pills the 2<sup>nd</sup> day post op, take 4 pills the 3<sup>rd</sup> day post op, take 3 pills the 4<sup>th</sup> day post op, take 2 pills the 5<sup>th</sup> day post op, take 1 pill the 6<sup>th</sup> day post op.
- **Narcotic Pain Pills** are used to control pain during the first 1-5 days of the recovery period.
  - o Adults can take up to 2 narcotic tablets every 4 hours, as needed for pain.
  - o Percocet (oxycodone + acetaminophen) – very strong and intoxicating
  - o Norco (hydrocodone + acetaminophen) – moderately strong and less intoxicating
  - o Tylenol 3 (acetaminophen with codeine) – used for pregnant patients typically
- **Ondansetron (aka Zofran) anti-nausea drug** used to avoid nausea from the narcotic pain pills.
  - o Take one Zofran pill 10 minutes prior to taking each narcotic pill, to thereby avoid the nauseated feeling caused by narcotic pills.
- **Over-the-counter pain relievers** can be used in place of narcotics for patients that prefer to avoid heavy narcotics. Ibuprofen 800mg can be taken 4 times per day in addition to Tylenol according to maximum dosage on the back of the over-the-counter box.
- **Follow Up Exams:**
  - o Come for free follow up exams as often as you like. We recommend 3 days post op for exam, 10 days post op for suture removal, 21 days post op for examination and 4 months post op for final xray to determine how successful your procedure was.
- **Liquid Diet for 2 weeks** on the side of your surgery.
- **When to take antibiotics:**
  - o The first 24 hours post-op is dedicated to pain control and no antibiotics or chlorhexidine mouth rinse is necessary during the first 24 hours. Just concentrate on pain relievers and steroids during the first 24 hours. After the first 24 hours you can start using the antibiotic pills and the chlorhexidine mouth rinse.

**\*Pre-op tips:**

- Liquid Diet Warning

-You will be asked to have liquid diet for 1 week in your entire mouth.

-You will be asked to have liquid diet for 2 weeks on the side of your surgery.

-So feel free to buy some soups and apple sauce etc in advance.

-It is very important food does not touch and irritate the healing site of the graft, extraction or implant.

**\*Post-op tips:**

-Never lie down flat when you rest, but instead keep your head elevated to avoid excessive swelling in the head.

-Take your antibiotic pills 3 to 4 times per day, as directed on the rx.

-Many patients accidentally take less than the correct dosage and they can easily get infection.

