

Tips on Postoperative Pain Management

Ibuprofen ("Advil", "Motrin") is an extremely useful medication for control of postoperative discomfort after minor oral surgery. For adults and teenagers, two over-the-counter 200 mg Ibuprofen tablets (400mg) can be taken every five hours for 2 to 4 days postoperatively on a scheduled basis. In between the doses of Ibuprofen, other analgesics such as Tylenol with Codeine may be taken if these have been prescribed. That way, one can maintain a level of anti-inflammatory medication in the blood to help with swelling and discomfort while Tylenol with Codeine or regular Tylenol will help with any "break through discomfort".

Ibuprofen should not be taken on an empty stomach and may be taken with any types of food or drink. Before taking any over-the-counter preparations you should be careful to read the instructions on the medication and make sure there are no other reasons why you shouldn't be taking these medications such as patients who have severe asthma, taking blood thinners, etc.