



## Prescription Medication Guide and Log

**Motrin (Ibuprofen)** is a non-steroidal anti-inflammatory that helps **decrease pain and swelling**. Take regularly for the first 3 days in 6-hour intervals. Do not take on an empty stomach.

**Norco (Hydrocodone + tylenol)** is a narcotic that helps **decrease severe pain**. Take it as needed but may be required regularly at least the first 2 days. A good strategy is to alternate with Motrin. Do not drive or make important decisions on this medication as it will make you drowsy.

**Prednisone** is a steroid that helps **decrease swelling**. It should be taken 30 minutes after Motrin to prevent stomach problems.

**Amoxicillin** is an antibiotic that helps **prevent infection**

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### Day 1 (Day of surgery) - ice packs to face

Time:

- \_\_\_\_ (When you get home): Amoxicillin, Prednisone
- \_\_\_\_ (3 hours): Norco OR Tylenol
- \_\_\_\_ (6 hours): Motrin, Amoxicillin, Prednisone (30 minutes later)
- \_\_\_\_ (9 hours): Norco OR Tylenol
- \_\_\_\_ (12 hours): Motrin, Amoxicillin, Prednisone (30 minutes later)
- \_\_\_\_ (At bedtime): Motrin, Prednisone (30 minutes later), Norco OR Tylenol

### Day 2 - start salt-water rinses, Peridex and ice packs to face

Time:

- \_\_\_\_ (When you wake up): Motrin, Amoxicillin, Prednisone (30 minutes later)
- \_\_\_\_ (3 hours): Norco OR Tylenol
- \_\_\_\_ (6 hours): Motrin, Amoxicillin, Prednisone (30 minutes later)
- \_\_\_\_ (9 hours): Norco OR Tylenol
- \_\_\_\_ (12 hours): Motrin, Amoxicillin, Prednisone (30 minutes later)
- \_\_\_\_ (At bedtime): Motrin, Prednisone (30 minutes later), Norco OR Tylenol

### Day 3 - warm compresses to face

Time:

- \_\_\_\_ (When you wake up): Motrin, Amoxicillin, Prednisone (30 minutes later)
- \_\_\_\_ (3 hours): Norco OR Tylenol
- \_\_\_\_ (6 hours): Motrin, Amoxicillin, Prednisone (30 minutes later)
- \_\_\_\_ (9 hours): Norco OR Tylenol
- \_\_\_\_ (12 hours): Motrin, Amoxicillin
- \_\_\_\_ (At bedtime): Motrin, Norco OR Tylenol

**Days 4+** Continue the Amoxicillin three times daily until finished, Motrin and/or Norco as needed for pain.



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**Norco (Hydrocodone + tylenol)** is a narcotic that helps **decrease severe pain**. Take it as needed, but may be required regularly at least the first 2 days. A good strategy is to alternate with Motrin. Do not drive or make important decisions on this medication as it will make you drowsy.

**Prednisone** is a steroid that helps **decrease swelling**. It should be taken 30 minutes after Motrin to prevent stomach problems.

**Peridex (chlorhexidine) mouth wash** is an antimicrobial that helps **prevent infection**. Swish for 30 seconds and let solution drool out of your mouth (do not spit forcefully).

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### Day 1 (Day of surgery) – Ice packs to face

#### Time:

- \_\_\_\_ (When you get home): Start with Prednisone
- \_\_\_\_ (3 hours): Norco OR Tylenol
- \_\_\_\_ (6 hours): Motrin, Prednisone, 30 minutes later
- \_\_\_\_ (9 hours): Norco OR Tylenol
- \_\_\_\_ (12 hours): Motrin, Prednisone, 30 minutes later
- \_\_\_\_ (At bedtime): Motrin, Prednisone, 30 minutes later, Norco OR Tylenol

### Day 2 - Start salt-water and Peridex rinses, ice packs to face

- \_\_\_\_ (When you wake up) Motrin, Prednisone, 30 minutes later, Peridex mouth wash
- \_\_\_\_ (3 hours): Norco OR Tylenol
- \_\_\_\_ (6 hours): Motrin, Prednisone, 30 minutes later
- \_\_\_\_ (9 hours): Norco OR Tylenol
- \_\_\_\_ (12 hours): Motrin, Prednisone, 30 minutes later, Peridex mouth wash
- \_\_\_\_ (At bedtime): Motrin, Prednisone 30 minutes later, Norco OR Tylenol

### Day 3 - warm compresses to face

- \_\_\_\_ (When you wake up) Motrin, Prednisone, 30 minutes later, Peridex mouth wash
- \_\_\_\_ (3 hours): Norco OR Tylenol
- \_\_\_\_ (6 hours): Motrin, Prednisone, 30 minutes later
- \_\_\_\_ (9 hours): Norco OR Tylenol
- \_\_\_\_ (12 hours): Motrin, Peridex mouth wash
- \_\_\_\_ (At bedtime): Motrin, Norco OR Tylenol

**Days 4+** Take Motrin and/or Norco as needed for pain and continue Peridex until sites are healed completely (1 month)