

## **Affiliates in Oral and Maxillofacial Surgery**

**Dr. James E. Berwick, D.D.S.**

**Dr. Robert C. Christiansen, D.D.S.**

### **Anti-Inflammatory Information**

Drs Berwick and Christiansen recommend a non-steroidal anti-inflammatory be taken before and after surgery, as this has been shown to reduce pain and swelling, often in combination with your prescription pain medication. If you use a generic ibuprofen, please ensure it is coated, as this will decrease potential GI side effects.

Take as follows **BEFORE** surgery:

- 800 mg Ibuprofen (4 Advil or Motrin) the night before surgery

Take as follows **AFTER** surgery:

- 800 mg ibuprofen every six hours as your baseline pain medication. This should help alleviate minor discomfort and can be used by itself or in combination with your prescription medication.
- Continue taking the ibuprofen for 5-7 days after surgery (some patients may find that ibuprofen helps for up to 10 days)
- Use your prescription medication with food as directed
- Please refer to your post-op instructions for further details about your recovery