



Post-Operative Instructions: Medications

Ice your face continuously for the first 24 hours immediately after surgery.
Switch over to the heating pads on the second day for 2 days.

Prescription Medications from the Pharmacy:

1. Norco® or Percocet® (hydrocodone or oxycodone/acetaminophen) five 325 mg tablets (if prescribed)
2. Motrin® (ibuprofen) 400mg tablet
3. Tylenol® (acetaminophen) 325mg tablet
4. Peridex™ (Chlorhexidine) mouth rinse 0.12% (if prescribed)
5. Amoxicillin 500mg or Clindamycin 300mg tablets (if prescribed)

Immediately Arriving Home After Surgery:

Take a 200-400mg tablet of Motrin and a 325 mg tablet of Tylenol with water after food intake.
Repeat Motrin and Tylenol dose every 6 hours with water after food intake for 5 days.

NORCO AND PERCOCET ARE OPIOIDS AND CAN LEAD TO ADDICTION.

Do not take Norco or Percocet unless you are experiencing severe pain.

IF YOU TAKE NORCO OR PERCOCET, THEN YOU MUST STOP TAKING TYLENOL AS IT CAN LEAD TO DRUG OVERDOSE.

For Peridex mouth rinse and antibiotics, please follow the prescription instructions.

DIET

NO SOLID FOODS FOR 1 WEEK.

Yogurt, Jell-O®, milkshakes, protein shakes, and smoothies for the first 3-4 days.

Oatmeal, soups, scrambled eggs, or mashed potatoes from the fifth day on.

Gauze packings can be removed 1-2 hours after surgery.

Additional packings can be placed if necessary due to moderate to severe bleeding.