



Eastmont

FAMILY DENTAL

Dr. Brian Anantatmula

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Over The Counter Pain Control Protocol

Take 800mg (4-200mg tabs) Advil or Motrin (Ibuprofen)

3hrs later take 1000mg (2-500mg tabs) Tylenol (Ibuprofen)

Wait 3 hours and repeat regiment

Sinus Precautions

Take Over The Counter Sudafed as directed for 5 days

Spray 2 puffs of Afrin Nasal Spray 2x daily for 5 days

Do Not Use Afrin more than 5 days

Take antibiotic as directed until gone