

Opioid-Free Post-Op Plan For: Oral Surgery

Ask your surgeon what to expect: Typical Discomfort Duration: _____ Peak: Day _____

Expected return to normal activities: _____

“Magnesium, diphenhydramine, ibuprofen, acetaminophen, melatonin, tryptophan, ice, and vibration are ok for you with this procedure.”

Dr. _____

- 1) When scheduling: Ask if long-acting numbing medicines are used or an option for your surgery.
- 2) One Week Before Surgery: download the What Works for Pain workbook.
 - a. Make a specific plan in the “Brain-Body” page with SPECIFIC options for each pain-brain neurotransmitter type.
 - b. Make a plan for physical solutions - For oral surgery, VibraCool Extended.
 - c. Get any of the needed materials: magazines, playdoh, pillows, etc.
 - d. Practice relaxation, or find a video online if you’re anxious.
 - e. Have someone make an “emergency treat” wrapped food, gift, letter, playlist, or other surprise, one for day of, and at least one for backup.
- 3) 3 days pre-surgery: consider magnesium, get over the counter medications, calculate doses:
 - a. Acetaminophen or ibuprofen per your doctor, or see the WWFP book
 - b. Have sleep supplements available if needed. Sleep is medicine!
- 4) After surgery:
 - a. You really do HAVE this! You’re prepared, and you have all the resources you need.
 - b. Physical solutions: Use ice and vibration [VibraCool](#) Extended Unit for 20 minutes for more intense relief. You can use the ice as often as every 2 hours, vibration alone as long as you want. [VibraCool.com](#)
 - c. For moderate discomfort, go to your fun/friend brain-body list for ideas.
 - d. While waiting for ibuprofen or acetaminophen to kick in...
 - i. Intense: Count the number of letters in a sentence with holes
 - ii. Put on StoPain Menthol 10%
 - iii. Trace a finger up and down the other hand, breathing in as you go up
 - iv. Emergency treat time
- 5) Sleep = pain management. See the WWFP list of options to help with sleep. Don’t try them all at once, experiment and keep track!