YOUR MEDICATION

Your prescription

What is ticked applies to you – please follow the instructions exactly

Antibiotics

- [ ] **Amoxicillin / Clavulanic 875/125 mg or Amoxicillin 1000 mg**
  Please take one tablet every 12 hours until the pack is empty. Start one day before the surgery, so you do not have to wake up at night.
- [ ] **Amoxicillin 500 mg, Clindamycin 600 mg, Erythromycin 500 mg, Ciprofloxacin 500 mg**
- [ ] **Penicillin V (do not combine with dairy products)**
  Please take one tablet every 8 hours for a total of 5 days. Start one day before the surgery, so you do not have to wake up at night.

> **Note**
> Antibiotics should be taken one hour before meals, unless you have stomach issues. In this case, take the antibiotics after meals.

Painkillers

The following medications not only provide good pain relief but also have anti-inflammatory and fever-reducing properties. Please take a painkiller soon after the procedure and before the anaesthesia wears off.

- [ ] **Ibuprofen 400, 600 or 800 mg or Dolormin**
  Take one tablet every 8 hours (every 6 hours for severe pain) for 3 days. After that, you may take a tablet as needed – always after meals.
  The maximum daily dose is 2400 mg.
- [ ] **Novamin Sulfon (Novalgin) 500 mg tablets or drops**
  Take one tablet or 30 drops in a glass of water every 6-8 hours for 3 days. After that, take as needed, but no more than 4000 mg per day.
- [ ] **Naproxen 250 or 500 mg**
  Take one tablet 2-3 times daily.
- [ ] **Diclofenac 50 mg**
  Take one tablet every 6-8 hours for 3 days, then as needed. The maximum daily dose is 3 tablets. Do not take if you have high blood pressure.
- [ ] **Paracetamol 500 mg**
  Take one tablet as needed, but no more than 6 tablets per day. It is especially helpful for fever. Do not take if you have liver issues.

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OPENING HOURS

Mon – Thu 08:00 – 18:00
Fri 08:00 – 14:00

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Decongestant medication

- [ ] **Prednisolone 20 mg**

  Helps significantly with swelling. The best time to take it is in the morning.

  DOSAGE

On the day of surgery, preferably before	**1 tablet**
On day 2	**1 tablet**
On day 3	**½ tablet**
On day 4	**½ tablet**

  Take the medication after meals.

> **Note**
>
> Prednisolone should not be taken if you have diabetes.

Optional treatments

The medications below are available over the counter.

- [ ] **Arnica**

  Arnica can be used as a homeopathic remedy for pain treatment and to support the healing process after surgery. It can also reduce post-operative bleeding. You can take Arnica D6 in the form of globules (small pellets), drops, or tablets.

  Take 5 globules three times a day for 7 days.

- [ ] **Bromelain (decongestant medication)**

  Bromelain is a phytotherapeutic agent derived from pineapple. It helps break down proteins in the injured tissue that contribute to swelling. Please avoid Bromelain if you are already taking a blood thinner.

  Take 240 mg daily, divided into 2-3 doses.

- [ ] **Probiotics**

  Probiotics help stabilise the gut microbiome after antibiotic therapy. Natural sources include: yoghurt, kefir or sauerkraut.

  Alternatively, you can use over-the-counter probiotics like Omni-biotic 10, Kijimea K53 Advance, Omniflora® N, or PROBIO-CULT® DUO.

> **Note**
>
> Only take probiotics after completing the antibiotic therapy.

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