



LEHMAN & MENIS
DENTAL IMPLANT AND
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Tips for Managing Common Side Effects and Concerns

*** Be sure to discuss any health issues or concerns with your referring doctor or medical team. ***

Diarrhea – Follow the **BRAT** diet with bland, non-fatty foods (**B**ananas, **R**ice, **A**pple Sauce, **T**oast), and drink plenty of fluids to avoid dehydration (8-12 glasses/60-80oz of water/non-caffeinated fluid).

- **Imodium / Maalox Anti-Diarrheal / Loperamide** – 2 tablets by mouth with the first round of diarrhea, then an additional tablet by mouth with each loose stool. ** Not to exceed **8** tablets in 24 hours. **
- **Pepto Bismol** ****CONTAINS ASPIRIN**** - 30-60ml by mouth every 30 min, ** Not to exceed **240ml** in 24 hours. ** (follow package instructions).
- **Kaopectate** ****CONTAINS ASPIRIN**** - 30ml by mouth every 30 min. **Not to exceed **240ml** in 24 hours. ** (follow package instructions).

Constipation – Maintain good hydration with 8-12 glasses/60-80oz of water/non-caffeinated fluid each day.

- **Stool softeners/Colace/Docusate Sodium** (follow package instructions)
- **Fiber supplements – Citrucel** by mouth 1-2 times per day (follow package instructions)
- **Senna/Senokot** (follow package instructions)
- **Milk of Magnesia/Magnesium hydroxide** (follow package instructions)
- **Colace/Docusate Sodium** (follow package instructions)