

# Paving the way in oral surgical treatment, safety and pain management

By Janna Lopez  
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When it comes to embracing today's most advanced technology, two local oral and maxillofacial surgeons are passionate about it.

"We follow developments in the technology because we want to be able to provide our patients with the very best in surgical diagnoses, procedures and recovery," says Jay P. Malmquist, DMD, a Portland, Oregon-based board certified oral and maxillofacial surgeon.

Malmquist has long been on the forefront, having been one of the first surgeons in Oregon to complete an osteointegrated dental implant procedure in the early 1980s. Today, the father and son team of Drs. Jay and Michael Malmquist have each discovered their own passions for providing patients the best research-based approaches to a vast range of oral surgical procedures that includes dental implants, bone preservation and augmentation, corrective jaw surgery, surgical tooth extraction, total joint replacement for TMJ disorders, and facial traumas.

## Diagnoses and Treatment

Every patient arrives at Malmquist Oral & Maxillofacial Surgery with a different set of physical needs and expectations. To evaluate patients' physical needs, the latest in radiographic and diagnostic tools are used for improved patient safety and treatment success.

Dental radiography has long been the go-to technique used by oral and maxillofacial (face and jaw) surgeons for providing views into teeth roots and nerves, and enabling doctors to diagnose tumors



Jay P. Malmquist, DMD, (left) and Michael P. Malmquist, DMD, (right) are a father-and-son oral and maxillofacial surgical team who believe in leveraging the latest advances in diagnoses, treatment and post-surgical recovery. They're adamant proponents of using non-opioid pain relievers for post-operative patients.

*Photo courtesy of Malmquist Oral & Maxillofacial Surgery*

ever, the Malmquists use dental radiography very selectively; they often opt for more advanced digital imaging technologies, which limit radiation exposure time by approximately 50 percent when compared with traditional radiography and are considered to be much safer for patients. With digital X-rays, image capturing can offer a higher level of precision, since results are viewed in a larger format on a computer monitor, rather than a piece of film held to light. What's more, digital X-rays result in radiation exposure that's just one-sixth the level of traditional radiography.

Another of Malmquist's most advanced tools for evaluating patients' critical anat-

which life-like anatomical replications provide highly accurate understanding of their bone structure, teeth orientation, joint structures, deformities and pathology. These 3-D models offer patients peace of mind by allowing doctors to interact with highly-detailed structural renditions before procedures, and are careful to ensure precise placements of implants, assess bone graft requirements, and assign treatment steps.

## Recovery

"I'm a strong advocate for research-based recovery and pain management options," says Michael P. Malmquist, DMD.

Alarmed by the opioid crisis, which shows no signs of slowing down, both Malmquists believe patients deserve safer pain-relief alternatives to opioids after a procedure, and are careful to promote healthy, responsible healing through use of a range of non-opioid pain relief options.

According to the Centers for Disease Control, 99% of surgical patients receive opioids to manage post-surgical pain, with an average prescription of 85 pills per surgery. Yet nearly 3 million Americans become newly persistent users of opioids each year due to initial exposure following surgery, and 65% are women. In fact, the risk to a patient of developing an opioid addiction after just seven days of using an opioid pain killer is one in seven.

The Malmquists discuss individualized pain relief plans with each patient prior to surgery. A typically prescribed combi-

tion includes timed rotations of ibuprofen and acetaminophen. The key to short-term pain management, they say, is to closely follow a dosage schedule ahead of and immediately following surgery to alleviate pain and inflammation.

Exparel, a new non-opioid, non-narcotic analgesic, represents a new frontier in nerve-blocking pain-management. Used as a long-acting, sustained-release formula of bupivacaine HCL, a local numbing medication, a single dose injection of Exparel is administered into a specific surgical site to provide pain relief that can extend up to 72 hours after a procedure. So rather than working throughout the patient's entire body, the relief provided by Exparel is localized and concentrated. The Malmquists, having witnessed the effects of opioid addiction, believe in Exparel's promise; the medication has also just recently been approved by the FDA to provide relief following shoulder surgeries as well.

Both Malmquists acknowledge every single person and procedure is unique. Therefore they view prescribing the newest non-opioid pain relief as being another element supporting their mission of leveraging the most advanced technologies to ensure each patient's comfort, safety and care.

Learn more by visiting the website [www.drjaypmalmquist.com](http://www.drjaypmalmquist.com) or calling