



Pain Management Protocol

Start with:

- Ibuprofen 600mg or 800mg (Advil, Motrin) unless otherwise directed by your doctor or dentist
- Take every 8 hours

*Over-the-counter Ibuprofen typically comes in 200mg tablets, so you can take 3-4 tablets to reach the recommended 600-800mg dosage. Do not exceed 3200mg daily.

If necessary add:

- Acetaminophen 500mg (Tylenol)
- Take every 6 hours
- Recommended to be taken 3 hours after dose of Ibuprofen, but can be taken at same time as Ibuprofen

*Over-the-counter Acetaminophen typically comes in 375mg or 500mg tablets, so you can take the 1-2 tablets to reach the recommended 500mg dosage. Do not exceed 2000mg daily.

If discomfort persists, discontinue Acetaminophen 500mg and replace with:

- Norco 5/325mg OR Tylenol #3 (depending on what was prescribed to you)
 - Both listed medications contain Tylenol so please be aware of your total daily consumption (do not exceed 2000mg Tylenol a day).
 - Take 1 tablet every 6 hours as needed for additional pain control
 - Recommended to take 3 hours after dose of Ibuprofen, but can be taken at same time as Ibuprofen
 - Do not drive or operate heavy machinery while taking these medications as they can cause drowsiness
 - If pain is more prominent at night, save these medications for use closer to bedtime as tolerance can build quickly