

POST-OPERATIVE INSTRUCTIONS FOR PAIN MANAGEMENT

You may be prescribed narcotic pain medication for post-operative pain management. Narcotic pain medication should be used for breakthrough pain only.

Unless you have been advised against the use of ibuprofen (Advil® or Motrin®) or NSAIDs by your physician, please follow the regimen described below. This regimen is for adult patients and teenagers who take adult dose medications. Please call our office with any questions.

- Within 1 hour of surgery, take ibuprofen or Advil (3 tablets = 200mg each).
- You may alternate alternate ibuprofen and Tylenol® (2 tablets = 500 mg each) every 3 hours.
- If you feel the pain is worsening you may discontinue Tylenol and alternate ibuprofen and the prescription pain medication.
- Do not take the prescription pain medication with Tylenol.
- Do not exceed 4000mg APAP/Acetometophin per 24 hour period.
- Stop both medications once pain-free.
- Properly discard leftover narcotic pain medication. Do not keep unused pain medication.