

# ANTI-INFLAMMATORY & PAIN MEDICATIONS



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## ANTI-INFLAMMATORY MEDICATION

- Advil/Ibuprofen is an anti-inflammatory medication that helps reduce post-operative pain and swelling as well as hasten healing
- Other names for Ibuprofen:
  - Advil, Apo-Ibuprofen, Motrin, Children's Motrin IB, Novo-Profen, Nu-Ibuprofen
- The maximum daily dose for Ibuprofen is 1.2grams ( 6 tablets )

## PAIN MEDICATION

- Tylenol/Acetaminophen is a pain medication that helps reduce the sensation of pain
- Other names for Acetaminophen:
  - Tylenol, Panadol, Paracetamol
- The maximum daily dose for Acetaminophen is 4 grams (12 tablets)

If you have SEVERE pain before your appointment:

- Take 1 tablet (200mg) of Advil/Ibuprofen every 4 hours starting 24 hours before your appointment

AFTER your appointment take:

- 2 tablets (400mg) of Ibuprofen/Advil right away
- Then 1 tablet ( 200mg) of Ibuprofen every 4 hours until bedtime
- 2 hours after taking Ibuprofen, take 1 tablet (325mg) of regular strength Acetaminophen/Tylenol and repeat every 4 hours until bedtime
- Summary of the Advil/Tylenol regimen:
  - Right away, take 2 tablets of Advil (Loading Dose)
  - 2 hours later, take 1 regular strength Tylenol
  - 2 hours later, take 1 tablet of Advil
  - 2 hours later, take 1 regular strength Tylenol
  - 2 hours later take 1 tablet of Advil
  - Repeat the 2 hour alternating regimen between a Tylenol tablet and an Advil tablet until going to bed.

For the next 3 DAYS:

- If you have pain in the morning, you will have it all day and should:
  - Take 1 tablet (200mg) of Advil right away, then 1 tablet (200mg) every 4 hours until going to bed
- If this is not enough to control the pain:
  - Take 1 tablet of regular strength Tylenol 2 hours after each Advil tablet
- If this is not enough, replace regular Tylenol with Extra-Strength Tylenol or Tylenol #3 and continue with the alternating regimen
- If this is not enough, or if you have concerns, please telephone Dr. Fransen at 778-899-3429