



# Over-the-Counter Pain Relief for Adults

*IMPORTANT: Tell us if you are not able to take acetaminophen or ibuprofen.*

For the next 3 days, you may take ibuprofen and acetaminophen together every 4-6 hours

-OR-

Alternate between ibuprofen and acetaminophen every 3 hours.

## Ibuprofen (Advil, Motrin)



- > Do not take more than 3200mg within 24 hours

## Acetaminophen (Tylenol)



- > **Whenever possible**, do not take more than 3000mg a day to help control pain.
- > Never take more than 4000mg within 24 hours
- > There is acetaminophen (APAP) in Tylenol #2, Tylenol #3, Vicodin and Percocet. **DO NOT** take additional Tylenol when you are taking those medications.

Use this chart to track your post-treatment pain, on a scale of 1-10, and medication use.

Post-Treatment Day and Pain	Dose 1 Time:	Dose 2 Time:	Dose 3 Time:	Dose 4 Time:
Day 1: Pain Level:				
Day 2: Pain Level:				
Day 3: Pain Level:				

If you experience pain greater than a \_\_\_\_\_ for more than \_\_\_\_\_ days after treatment, let us know.

Call \_\_\_\_\_ so we can help manage your pain.