



Short-term pain is expected as you heal. Over-the-counter pain relievers work as well as prescription medications and have fewer side effects. The plan below should reduce inflammation and keep you comfortable.

If you have been told not to take ibuprofen or acetaminophen, please let us know immediately.

First 24 hours

Ibuprofen 200 mg

Take ____ tablet(s) every ____ hours

around the clock

as needed for pain

Acetaminophen 500 mg

Take ____ tablet(s) every ____ hours

around the clock

as needed for pain

After the first 24 hours

Ibuprofen 200 mg

Take ____ tablet(s) every ____ hours

as needed for pain

Acetaminophen 500 mg

Take ____ tablet(s) every ____ hours

as needed for pain

Do not exceed 16 tablets (3200 mg) of ibuprofen or 8 tablets (4000 mg) of acetaminophen in a 24-hour period. Ask your pharmacist to help you select the correct product.

Please contact us if you experience unbearable discomfort or your pain lasts longer than expected.