

### General Info:

- We try to control pain with a baseline dose of non-narcotic, non-opioid medicine, usually ibuprofen (Advil®) that you take routinely on a schedule.
- We use a second non-narcotic, non-opioid medicine, usually acetaminophen (Tylenol®), for additional pain control. If you have been told not to take NSAIDs like ibuprofen, use acetaminophen as your first drug.
- We may prescribe a narcotic (aka opioid) medication, usually acetaminophen with hydrocodone (Norco®, Vicodin®, Lortab®), to control severe or “break-through” pain.
- Narcotic (opioid) pain medicine is NOT refilled after hours.
- We usually require an office visit first if you need a narcotic/opioid refill.

### What to Do:

- Take the ibuprofen on a routine schedule as prescribed four times per day, roughly six hours apart. It does not have to be exactly six hours. Most people find it easiest to take ibuprofen at breakfast, lunch, dinner, and bedtime.
- The first few days, take 500mg of over-the-counter acetaminophen (aka Tylenol®) regularly in between the ibuprofen doses.
- As things improve, you can stop taking acetaminophen on a schedule. Instead, give the ibuprofen about 45 minutes to work. If the pain is still bothersome after 45 minutes take a second medication, either over-the-counter acetaminophen (aka Tylenol®) or the prescription opioid/narcotic, as directed on the bottle.
- If you take an opioid/narcotic **DO NOT DRIVE** or do any other potentially dangerous activities or make important decisions for at least 8 hours.
- At bedtime you can take the last dose of ibuprofen AND an over-the-counter acetaminophen OR the prescription opioid/narcotic AT THE SAME TIME. Taking both medications, especially the first few days after surgery, may help you sleep.
- If the meds aren't working you can try ice packs, warm compresses, or topical Orajel® or similar medicine rubbed on the gums at the site of pain per the instructions on the package. Clove oil on the wound may also be soothing.

### Maximum Dosages:

- The maximum daily dose of ibuprofen is 3200mg in 24 hours.
- The maximum daily dose of acetaminophen is 3000mg in 24 hours. If you take the over-the-counter acetaminophen (aka Tylenol®) and the prescription opioid in the same 24-hour period, you must add up the total acetaminophen from both sources. Acetaminophen in prescription medications is often abbreviated as “APAP” on the label.

### Notify Us For:

Pain that is not controlled with the medications.

- Call **210-778-0002**
- Clinic Hours are Monday - Thursday 8:30am – 5:00pm and Fridays 7:30am – 2:00pm.
- Messages are checked after hours. If you leave a message and do not receive a response within 1-hour please call again.

### **Emergencies:**

In the event of a true emergency – the patient passes out, massive bleeding, difficulty breathing or swallowing, etc – go to the nearest ER immediately and notify us when you can. If necessary, call 911. **When in doubt it is NEVER wrong to call 911 or go to an emergency room.**

### **Example Medication Schedule for the First Few Days**

6am (wakeup) – Ibuprofen (aka Advil™ or Motrin™)

9am - Take 500mg over-the-counter Tylenol™ (aka acetaminophen)

12pm – Ibuprofen

3pm – Take 500mg over-the-counter Tylenol™ (aka acetaminophen)

6pm – Ibuprofen

9pm - Take 500mg over-the-counter Tylenol™ (aka acetaminophen)

10pm (bedtime) – Ibuprofen. Can take another 500mg over-the-counter Tylenol™ at the same time if you've needed it all day or can take an opioid (hydrocodone, codeine, tramadol, etc.) to help you sleep.

As the pain gets better, you can cut out the acetaminophen or decrease the frequency of ibuprofen or acetaminophen. Eventually you can stop all the medications.

You can use Aleve™ (naproxen) instead of ibuprofen but we recommend ibuprofen for acute surgical pain. Do NOT use Aleve™ and ibuprofen at the same time. Aleve™ and ibuprofen are in the same drug family called NSAIDs. Taking too many NSAIDs can cause kidney problems. Wait at least 4 hours after ibuprofen to take Aleve™. Wait at least 8 hours after Aleve™ to take ibuprofen.

Tylenol™ is not an NSAID. It is okay to mix Tylenol and Advil™ or Aleve™.