



Family Education Handout

Post-tonsillectomy pain management

Acetaminophen and Ibuprofen

What are acetaminophen and ibuprofen?

Acetaminophen (Tylenol) and ibuprofen (Advil or Motrin) are medicines that **treat pain** and **fevers**. Ibuprofen also helps with inflammation (swelling and redness).

- Acetaminophen comes as a tablet, capsule or liquid.
- Ibuprofen comes as a tablet, capsule or in two different strengths of liquid.

Where do I get them?

You can buy acetaminophen and ibuprofen in a drugstore. You do not need a prescription.

How do I give my child these medicines?

- You need to alternate doses of acetaminophen and ibuprofen every three hours. Important: This means that your child gets acetaminophen every six hours and ibuprofen every six hours.
- For the first three days after surgery, you should give these doses regularly. This includes throughout the night.
- After three days, you can give the doses as needed. Some children need the medicine regularly for more than three days.

It can be hard to remember the last time you gave your child acetaminophen or ibuprofen. We suggest using a medicine schedule and tracker like the one below.

Example Medicine Tracker

Give Dose of . .	Time	<input checked="" type="checkbox"/> When given
Acetaminophen	12 midnight	
Ibuprofen	3 am	
Acetaminophen	6 am	
Ibuprofen	9 am	
Acetaminophen	12 noon	
Ibuprofen	3 pm	
Acetaminophen	6 pm	
Ibuprofen	9 pm	

How much medicine should I give my child?

Use the dosage tables on the back of this sheet:

1. Find your child's weight
2. Match the weight with the type of medicine you are giving (in the top row) mL is a measurement of liquid. This is the amount you fill a syringe with, if you are using a liquid formula.

Important notes

- Use the right measuring device: It is important to use the measuring device that comes with the bottle. You can also use a 5 or 10 mL syringe. Do not use kitchen silverware or measuring spoons. This will not give the right dose.
- If the medicines upset your child's stomach, give them with food or milk.
- If you think you gave your child too much medicine, contact the American Association of Poison Control Centers right away at 1-800-222-1222.

For young adults

- If you drink alcohol, talk with your doctor or nurse before taking acetaminophen and ibuprofen.
- If you are pregnant or breastfeeding, talk with your doctor or nurse before taking acetaminophen and ibuprofen.

When should I call the doctor?

Call if your child:

- Has pain that doesn't get better after taking the medicines
- Has a rash
- Has yellow skin or eyes
- Feels faint or dizzy
- Has bloody or black stools
- Has stomach pain that does not get better on its own



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How to Use These Dosage Tables

- Find your child's weight on the left.
- Match the weight with the type of medicine you are using in the top row.
- mL is a measurement of liquid. This is the amount you use to fill up the syringe.

Dosage Table: Acetaminophen (Tylenol, Anacin-3, Feverall and Paracetamol)

	Syrup	Chewable	Chewable	Adult	Adult
Medicine Strength	160 mg/5 mL	80 mg tablets	160 mg tablets	325 mg tablets	500 mg tablets
Weight in pounds (lbs)					
Less than 6 lbs	Talk with your doctor or nurse.				
6-11 lbs	1.25 mL (40 mg)				
12-17 lbs	2.5 mL (80 mg)	1 tablet (80 mg)			
18-23 lbs	3.75 mL (120 mg)				
24-35 lbs	5 mL (160 mg)	2 tablets (160 mg)	1 tablet (160 mg)		
36-47 lbs	7.5 mL (240 mg)	3 tablets (240 mg)			
48-59 lbs	10 mL (320 mg)	4 tablets (320 mg)	2 tablets (320 mg)	1 tablet (325 mg)	
60-71 lbs	12.5 mL (400 mg)			1 tablet (325 mg)	
72-95 lbs	15 mL (480 mg)		3 tablets (480 mg)	1 tablet (325 mg)	1 tablet (500 mg)
More than than 95 lbs	Follow package directions				
Note: If you have the 80 mg/0.8 mL concentration, please follow package directions.					



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Dosage Table: Ibuprofen (Advil and Motrin)

	Infant Drops (Infants' Advil, Infants' Motrin)	Children's Suspension (Children's Advil, Children's Motrin)	Chewable Ibuprofen (Children's Advil, Children's Motrin)	Chewable Ibuprofen (Junior Strength Advil, Children's Motrin Junior Strength)	Ibuprofen (Advil, Motrin) capsules
Medicine Strength	40 mg/mL	100 mg/5 mL	50 mg tablets	100 mg tablets	200mg capsules
Child's weight in pounds (abbreviated=lbs)					
Less than 6 lbs	Talk with your doctor or nurse.				
6-11 lbs	Talk with your doctor or nurse.				
12-17 lbs	1.25 mL (50 mg)		1 tablet (50 mg)		
18-23 lbs	1.875 mL (75 mg)		1 ½ tablets (75 mg)		
24-35 lbs		5 mL (100 mg)	2 tablets (100 mg)	1 tablet (100 mg)	
36-47 lbs		7.5 mL (150 mg)	3 tablets (150 mg)		
48-59 lbs		10 mL (200 mg)	4 tablets (200 mg)	2 tablets (200 mg)	1 capsule (200 mg)
60-71 lbs		12.5 mL (250 mg)			1 capsule (200 mg)
72-95 lbs		15 mL (300mg)		3 tablets (300mg)	1 capsule (200mg)
More than 95 lbs	Follow package directions.				