



Ibuprofen/Tylenol Mixed Dosing Regimen

Some discomfort is normal after oral surgery. You should begin taking pain medication prior to the local anesthetic wearing off. You may begin taking pain medication when you get home, along with some food. An excellent over-the-counter option for pain management is to alternate between ibuprofen and acetaminophen (Tylenol ®) every 3–4 hours, which is ideal for managing most types of pain after oral surgery.

Every three hours: you will be switching between Ibuprofen and Tylenol. Start off with taking 600mg of Ibuprofen (this is 3 store bought tablets- 200mg each), after 3 hours take two Tylenols (total of 1000mg- 2 store bought tablets, 500mg each). Three hours later, go back to taking 600mg of Ibuprofen.

Continue switching in between both pain medications, until you don't feel it is necessary. It is usually recommended to follow this for 2-3 days. By the start of the 3rd day, most patients usually feel much better. If you follow this as indicated, you will keep a steady flow of pain medication in your bloodstream and will have less probability of feeling any intolerable pain.

**If you have been prescribed a narcotic (opioid) pain medication (e.g., Tylenol #3, Norco ® ,Vicodin ® , Ultram ®), please use only as directed. We recommend only using opioid pain medication if the above regimen is not adequately managing your pain. You may alternate the opioid with ibuprofen if instructed to do so. The opioid you have been prescribed also has acetaminophen, so be mindful of the 3000 mg maximum daily dose. Opioids do have some unpleasant side effects. Nausea and sometimes vomiting are common. Drowsiness, which can impair your reflexes and judgment, is also common. Therefore, if you take this medication, do not drive, operate machinery, go to work or school, or make important decisions. This medication can also cause constipation. Opioids can be habit-forming. Avoid alcoholic beverages or other sedative medications while on opioid pain medication. We recommend that you familiarize yourself with these medications by reading the package insert and/or information provided by your pharmacist*

If you are taking pain medication as directed and you are still feeling intolerable pain, **this is not normal**. You may be experiencing post-op infection for which you may need antibiotics. If you are having severe pain (that is not being helped with pain medication), inflammation, fever symptoms, please contact the office as soon as possible.

****NOTE****

There is a maximum dosage for each of these medications in a 24 hour period,

DO NOT EXCEED THE FOLLOWING:

2400 mg of Ibuprofen (12 of the store bought tablets)

4000mg of Tylenol (8 of the store bought tablets)

**If you have reduced kidney function, please consult with your physician, as you may need to alter the dosing of ibuprofen.*

**If you have reduced liver function, please consult with your physician, as you may need to alter the dosing of Tylenol.*