



PAIN PROTOCOL

Day 1	Day 2-5
Tylenol 500 mg, 2 pills	Tylenol 500 mg, 2 pills
Wait 1-2 hours	Wait 1-2 hours
Ibuprofen (Motrin, Advil) 800 mg 1 pill w/RX or 4 pills OTC (200 mg each)	Ibuprofen(Motrin, Advil) 800 mg 1 pill w/RX or 4 pills OTC
Wait 6-8 hours from last Tylenol	
Tylenol 500 mg, 2 pills	Continue to take the Tylenol and Ibuprofen Every 6-8 hrs. each day, as needed for pain.
Wait 1-2 hours	
Ibuprofen (Motrin, Advil) 800 mg 1 pill w/RX or 4 pill OTC (200 mg each)	

Taking medications with food and drinking plenty of fluids is recommended.

For safety and better pain control, use the chart below to track when you take meds.

Day 1	Day 2	Day 3	Day 4	Day 5
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Record the time you take each in the chart.

Tylenol	Ibupro	Tylenol	Ibupro	Tylenol	Ibupro	Tylenol	Ibupro	Tylenol	Ibupro

For questions please call us at: 605-348-4657