

INSTRUCTIONS FOR PAIN CONTROL USING OVER-THE-COUNTER MEDICATIONS

If you do not want to take prescription pain medication and are experiencing pain, you may try the steps below:

1. **CAUTION:** If you have **LIVER DISEASE**, DO **NOT** follow these instructions. People with liver damage should avoid taking **Tylenol** (generic name is **acetaminophen** and is sometimes abbreviated **APAP**)
 - a. Acetaminophen has been known to cause liver damage when a person takes too much. If you take the acetaminophen, please make sure you are not taking any other products that contain acetaminophen such as cough medicines, prescription medications with acetaminophen, etc.
2. **CAUTION:** If you have **KIDNEY DISEASE**, DO **NOT** follow these instructions.
 - a. Ibuprofen in excessive amounts has been shown to damage the kidneys. It also has some blood thinning properties. If you have a history of kidney damage or you are already on a blood thinner you should not take any ibuprofen.
3. If your doctor has told you to avoid taking products with Tylenol (Acetaminophen/APAP), or Motrin and Advil (Ibuprofen) DO **NOT** follow these instructions.
4. If you have a history of easy bleeding or stomach ulcers, DO **NOT** follow these instructions.
5. After you have verified that you do not meet any criteria in steps 1 through 4, you may continue to step 6.
6. It is best to have some food in your stomach prior to taking these medicines, especially the ibuprofen because it can be irritating to the stomach.
7. Take **TWO** Tylenol (325 mg each) **AND TWO** Motrin or Advil (Ibuprofen, 200 mg each) at the same time. (For the first dose, you **CAN** take them both at the same time)
8. Acetaminophen can be taken every 6 to 8 hours and ibuprofen can be taken every 8 hours. After the first dosage you may take further pain medications based on this dosing schedule.

*** These medications work in different ways and provide additive pain relief after your procedure. This can help with the pain without the side effects of prescription pain medication like a narcotic such as hydrocodone. If you have hydrocodone at home please be aware that this is typically combined with acetaminophen so you don't want to take it and over the counter medicines with acetaminophen. ***

Please call the office if you have any questions or concerns. 704-295-0000.