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**MEDICATION INSTRUCTIONS**

**FOR PAIN:**

- Take 400 mg of ibuprofen (examples: Advil, Motrin IB) in any form every 4 hours for pain and inflammation. CAUTION: DO NOT exceed 3200 mg of ibuprofen per day. Take your pain medications on a regular schedule until you are comfortable.
- **NOTE:** If you cannot take NSAIDs (non-steroidal anti-inflammatory medications such as Advil, Aleve, etc or if you are allergic to aspirin, **DO NOT** take ibuprofen. Instead, use 1000 mg of Tylenol ES (Extra Strength), which is two tablets of 500 mg each) or its equivalent every 6 hours for pain.
- You can add two Tylenol ES (Extra Strength) {generic name is acetaminophen} tablets (or its equivalent) to the ibuprofen every 6 hours if the ibuprofen alone is not effective. CAUTION: DO NOT exceed 4000 mg of acetaminophen per day.
- PRESCRIPTION VICODIN (hydrocodone and APAP). Take one tablet every 4 hours or 2 tablets every 6 hours as needed for pain relief. If one tablet is not effective and two tablets causes undesirable side effects such as nausea, substitute one tablet of the prescription (Vicodin) for each Tylenol ES tablet.

**FOR INFECTION:**

If an antibiotic prescription is given, be sure to TAKE ALL of the tablets or capsules as directed on the container.

Do not hesitate to contact the office if you have any questions or other problems.