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**MEDICATION INSTRUCTIONS**

**FOR PAIN:**

- Take 800 mg of **ibuprofen** (examples: Advil, Motrin IB) in any form every 6 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. **Avoid taking ibuprofen if** you are taking aspirin to prevent stroke or heart attack. Ibuprofen can make aspirin less effective in protecting your heart and blood vessels. If you must use both medications, take the aspirin 1 hour before the ibuprofen. Do not drink alcohol while taking this medication. Alcohol can increase your risk of stomach bleeding caused by ibuprofen.
- **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. **Do not take more than 8 tablets/capsules of acetaminophen (Tylenol Extra Strength) in one 24 hour period.**
- 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. **INFORM DR. MONTAGNESE IF YOU HAVE LIVER DISEASE OR A HISTORY OF ALCOHOLISM.**
- **PRESCRIPTION VICODIN 5/500** (hydrocodone 5 mg and APAP 500 mg). 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, take one tablet of Vicodin 5/500 and one tablet of Tylenol ES (or its equivalent, such as APAP 500 mg). **Note:** If you can take ibuprofen, maintain 800 mg ibuprofen every six hours and **ADD** Vicodin to it if needed.

**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.