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Pain Management Protocol

Take Ibuprofen 600mg combined with Tylenol Extra Strength 1,000mg every 6 hours. Below is a sample dosing schedule, and this schedule should be followed around the clock for 3 days to ensure analgesia and anti-inflammatory effects are achieved.

8:00 AM - Take Ibuprofen 600mg and Tylenol ES 1,000mg

2:00 PM - Take Ibuprofen 600mg and Tylenol ES 1,000mg

8:00 PM - Take Ibuprofen 600mg and Tylenol ES 1,000mg

2:00 AM - Take Ibuprofen 600mg and Tylenol ES 1,000mg

It is understood that you will likely not take a dose at 2:00 AM, and that is acceptable, but please continue dosing schedule at 8:00 AM, or any time after 2:00 AM, and continue with 6-hour dosing intervals.

DO NOT exceed the daily recommended maximum dose for Ibuprofen (2,400 mg in a 24-hour period), or Tylenol (4,000 mg in a 24-hour period), as this may lead to damage to your liver and/or kidney function. If you take any other medications that contain Ibuprofen or Tylenol (Acetaminophen), please **DO NOT** take additional medication that will result in exceeding the daily recommended maximum dose.

This protocol is intended for short term use, typically 3 days or less. Extended use of Tylenol can cause liver (hepatic) problems, and extended use of Ibuprofen can cause kidney (renal) problems. Should you require additional pain control measures, please contact our office to discuss a pain control plan.