



Ocean View Dental

Office of:

Summer T. Wood, D.M.D.

Keith Vodzak, D.M.D., M.S.D. (Orthodontist)

Keith Dung, D.D.S., Andrea Braun, D.D.S.

970 North Kalaheo Avenue, Suite C309, Kailua, HI 96734

Phone (808) 254-5503 Fax (808) 254-4645

Over the Counter Pain Control Instructions:

These instructions assume that you do not have an allergy to NSAIDS (aspirin, ibuprofen, Advil, Motrin) or Tylenol (acetaminophen, APAP). **DO NOT TAKE** ibuprofen if you are **pregnant** or have **kidney problems**. **AVOID** Tylenol if you have liver disease.

IBUPROFEN (also known as Advil or Motrin) comes in **200mg per pill** form when purchased over-the-counter. Ibuprofen can be used for pain, inflammation, swelling, and reduce fever. The following is the most effective and safest way to use Ibuprofen.

DO NOT EXCEED 2400MG OF IBUPROFEN IN A 24 HOUR TIME PERIOD

Ibuprofen 400mg (2 pills) every 4 hours will help control **pain**

Ibuprofen 600mg (3pills) every 6 hours will help control **pain and swelling**

Ibuprofen 800mg (4 pills every 8 hours will help control **pain and swelling** to the same extent as 600mg **but will last 2 more hours**. This is best used when you know you won't be able to re-dose during the next 8 hours (right before bed is a good example).

ACETAMINOPHEN (TYLENOL) comes in various forms 325mg, 500mg, 650mg and liquid versions). Always check what you are taking to make sure you dose correctly.

DO NOT EXCEED 1GRAM/4 HOURS OR 4 GRAMS PER DAY.

NEVER DRINK ANY ALCOHOL WHILE TYLENOL IS IN YOUR SYSTEM.

It **WILL RAPIDLY DESTROY** your liver.

Tylenol is not a great pain reliever, anti-inflammatory, or fever reducer, although it does work to some extent. Ibuprofen is almost always the better choice. However, to get maximum pain control, a combination of Tylenol and Ibuprofen can be used. The combination is as strong as codeine without the side effects, (drowsiness, addictiveness, impaired driving, work or caring of children)

The most effective combination is as follows:

Ibuprofen 600mg every 6 hours +Tylenol (either 500mg or 650mg) every 6 hours

***Here's the trick: Stagger the medications.

Take Ibuprofen, wait 3 hours, then take Tylenol, wait 3 hours, Take the Ibuprofen and alternate every 3 hours as needed.



Ocean View Dental

Office of:

Summer T. Wood, D.M.D.

Keith Vodzak, D.M.D., M.S.D. (Orthodontist)

Keith Dung, D.D.S., Andrea Braun, D.D.S.

970 North Kalaheo Avenue, Suite C309, Kailua, HI 96734

Phone (808) 254-5503 Fax (808) 254-4645

This allows the medications to combine in your system for maximum effect and there is always a new dose coming into effect. You are allowed to take them at the same time without staggering but you will find they will begin to wear off and you will want to re dose around 4 hours. Staggering the dose will prevent this. **

Example schedule:

9am: Ibuprofen 600mg (take with food to prevent any stomach discomfort)

12pm: Tylenol 650mg

3pm: Ibuprofen 600mg

6pm: Tylenol 650mg

9pm: Ibuprofen 600mg

****If you were prescribed a narcotic (hydrocodone, Oxycodone, Norco, Vicodin, Lortab, Percocet) all of these medications have Tylenol as an additional ingredient. You can maximize effect by staggering but take narcotic in place of Tylenol dose. Take either Tylenol or narcotic at that dosing time NOT BOTH. ****