HEAD+NECK SURGICAL ASSOCIATES

PORTLAND

ORAL & FACIAL SURGERY

## How to Control Postoperative Pain Without Opioid (Narcotic) Drugs:

The combination of ibuprofen and acetaminophen has been shown to work better than either drug alone. These pain relievers are very inexpensive and can be bought *over the counter* "OTC" in any pharmacy and in many supermarkets.

**Ibuprofen:** (Advil®, Motrin®): maximum adult daily dose = **2400 mg**
OTC generic ibuprofen is sold as either tablets or capsules of 200mg

**Acetaminophen**: (Tylenol®): maximum adult daily dose = **4,000 mg**. Acetaminophen is sold OTC in multiple dosage sizes of 325mg, 500mg and 1,000 mg. For convenience, get the 500mg tablets.

### Dosage:

When you begin to feel pain, begin a combination of the following and repeat **every 4 hours as needed** while you are awake:

| | |
|---|---|
| **Ibuprofen 200mg**: | take **2** |
| **Acetaminophen 500mg**: | take **1** |

Take your last dose before you go to bed. You do not need to be awakened during the night to take this medicine if you are sleeping well. ***You can take a maximum of 6 doses of this combination every 24 hours.***

If you need to take your prescribed narcotic pain medication in addition to the above, the small amount of acetaminophen contained in the narcotic pain medications will not be a problem.

## If Your Jaw Is Wired or Banded Together:

1. Place two 200mg ibuprofen + one 500mg acetaminophen tablets in a small glass
2. Add *hot* tap water
3. Wait about one minute for the tablets to dissolve and mix with a spoon (the ibuprofen tablets dissolve much faster than the gel caps)
4. Drink it down after it cools. You may mix this in to a flavored liquid if you prefer