



## Pain Management Guidelines

Effective pain management is crucial for your comfort and recovery after dental procedures. Extensive research indicates that a combination of ibuprofen and acetaminophen (Tylenol) is more effective for managing dental pain than opioids. Here's how to use these medications safely and effectively.

### Why Choose Ibuprofen and Acetaminophen?

- **Research-Backed:** Studies have shown that the combination of ibuprofen and acetaminophen provides superior pain relief compared to opioids, with fewer side effects and a lower risk of dependency.
- **Safety:** When taken as directed, ibuprofen and acetaminophen are safe and effective for most people.

### How to Take Ibuprofen and Acetaminophen

#### 1. Dosage and Timing:

- **Ibuprofen:** Take two 200 mg tablets of ibuprofen (total 400 mg) every 4 hours. Ibuprofen is an anti-inflammatory medication that helps reduce pain and swelling.
- **Acetaminophen (Tylenol):** Take one 500 mg extra strength tablet of acetaminophen every 4 hours, but stagger the dosage with ibuprofen. This means you should take ibuprofen and acetaminophen two hours apart from each other to maintain a consistent level of pain relief.

#### Example Schedule:

- **8:00 AM:** Take two 200 mg tablets of ibuprofen (400 mg total)
- **10:00 AM:** Take one 500 mg extra strength acetaminophen tablet
- **12:00 PM:** Take two 200 mg tablets of ibuprofen (400 mg total)
- **2:00 PM:** Take one 500 mg extra strength acetaminophen tablet
- **4:00 PM:** Take two 200 mg tablets of ibuprofen (400 mg total)
- **6:00 PM:** Take one 500 mg extra strength acetaminophen tablet
- **8:00 PM:** Take two 200 mg tablets of ibuprofen (400 mg total)
- **10:00 PM:** Take one 500 mg extra strength acetaminophen tablet



## 2. Precautions:

- **Do Not Exceed:** Do not exceed 3200 mg of ibuprofen or 3000 mg of acetaminophen in a 24-hour period.
- **Avoid Alcohol:** Do not consume alcohol while taking these medications, as it can increase the risk of liver damage with acetaminophen and stomach irritation with ibuprofen.
- **Consult Your Doctor:** If you have any medical conditions or are taking other medications, consult your doctor before starting this pain management regimen.

## Effective Pain Management Strategy

- **Frequent Dosing:** Taking these medications at lower doses on a more frequent schedule has been shown to maintain a more effective dose in the bloodstream at all times, providing continuous pain relief.
- **Consistent Regimen:** Continue this regimen even if pain symptoms have not returned to ensure ongoing pain management.

## Consult Your Dentist or Physician

- **Duration:** Ask your dentist or physician how long you should continue this protocol based on your individual needs and recovery progress.

## Benefits of Non-Opioid Pain Management

- **Reduced Risk of Addiction:** Unlike opioids, ibuprofen and acetaminophen do not carry a risk of addiction.
- **Fewer Side Effects:** Common side effects of opioids, such as drowsiness, death, constipation, and nausea, are minimized.
- **Effective Relief:** The combination of these medications provides strong pain relief suitable for most dental procedures.

## When to Contact Our Office

Please call our office if:

- You experience severe pain that is not alleviated by this medication regimen.
- You have any adverse reactions to the medications.
- You have questions or concerns about managing your pain.



If you have any additional questions or need further guidance on pain management, please reach out to our office. We are here to support your recovery and ensure you have the information you need for effective pain relief.

Alternative dosage schedule:

600mg ibuprofen every 6 hours

Alternating with

Acetaminophen 1000mg every 6 hours

Something every 3 hours