



Pain Medication Instructions

For Mild to Moderate Discomfort:

Please take **Ibuprofen or Advil 200-400mg** (equal to 1-2 tablets) every 6 hours. Take it as instructed and do not exceed 2400mg (12 tablets) in a 24 hour period.

For Moderate to Severe Discomfort:

Please take **Ibuprofen or Advil 400-600mg** (equal to 2-3 tablets) every 6 hours. Take as instructed and do not exceed 2400mg (12 tablets) in a 24 hour period.

AND: You may alternate Ibuprofen and Tylenol pain medications every 3 hours for better pain control.

Please take **Extra Strength Tylenol 500mg** (equal to 1 tablet) every 6 hours. Take as instructed and do not exceed 3000mg (6 tablets) in a 24 hour period.