

**Post-operative Pain Control Regimen**

- Dr. Clark Thompson     Dr. Bruce Johnson     Dr. Suzanne Strand     Jillian Netland, PA-C
- Dr. Joseph Allan     Dr. John Donovan     Dr. Christopher Prze

**PATIENT NAME:** \_\_\_\_\_ **DOB:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**OPTION 1 :** Before you start taking acetaminophen (Tylenol, sometimes abbreviated APAP) make sure you are not taking other medication containing acetaminophen to avoid an overdose of acetaminophen.

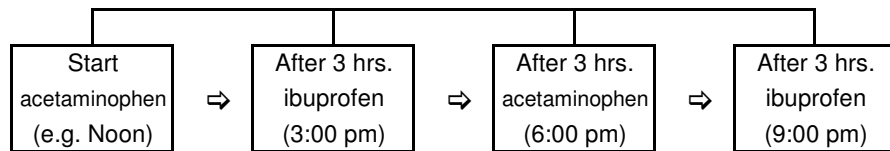
**OPTION 2 & 3 :** Your physician may recommend alternating acetaminophen (Tylenol, APAP) and ibuprofen for pain control, particularly in young children. This regimen can also be used for adults to taper off narcotics. Please carefully follow dosage instructions on the acetaminophen and ibuprofen bottles. Exceeding these dosage limits can damage the kidneys or liver or lead to bleeding problems.

**OPTION 4 & 5 :** The most commonly prescribed narcotics are combinations of hydrocodone or oxycodone with acetaminophen (Tylenol, APAP). These can be alternated with ibuprofen but should not be given with additional acetaminophen.

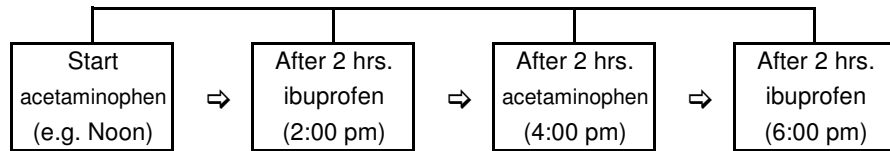
**OPTION 6:** Before you start taking acetaminophen (Tylenol, sometimes abbreviated APAP) make sure you are not taking other medication containing acetaminophen to avoid an overdose of acetaminophen.

**OPTION 1:** For mild pain, take acetaminophen (Tylenol) as directed on the bottle.

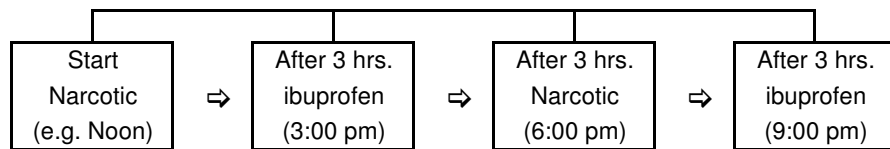
**OPTION 2:** Take acetaminophen every 6 hours alternating with ibuprofen as shown below:



**OPTION 3:** Take acetaminophen every 4 hours alternating with ibuprofen as shown below:

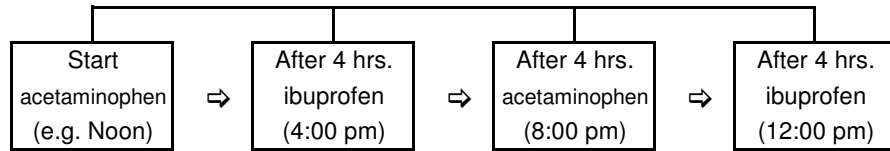


**OPTION 4:** Take hydrocodone/acetaminophen or oxycodone/acetaminophen every 6 hours alternating with ibuprofen as shown below:



**OPTION 5:**

**Take acetaminophen every 8 hours alternating with ibuprofen, not to exceed the dosage on the bottle.**



♦ If the pain is still severe 1 hour after giving acetaminophen or ibuprofen, then give the narcotic. (e.g. At 1:00 pm, 5 pm, 9:00 pm OR 1:00 am)

**Do not give the narcotic more often than is listed on the prescription.**

**OPTION 6:**

**If patient cannot take non-steroidal anti-inflammatory drugs (NSAIDS), take acetaminophen every 4-6 hours. (e.g. Post bariatric surgery patients).**

♦ If the pain is still severe 1 hour after giving acetaminophen then take the narcotic as ordered.

**Do not give the narcotic more often than is listed on the prescription.**