



WEST BALLANTYNE ORAL SURGERY

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RECOMMENDED PAIN CONTROL REGIMEN

Follow these STEP-BY-STEP instructions:

****We HIGHLY RECOMMEND that you begin this pain medication regimen BEFORE the numbing medication (local anesthetic) given during the procedure completely wears off****

STEP 1: Prescription strength **Ibuprofen 400mg** written by our office **OR** over-the-counter **Motrin = Ibuprofen = Advil** (Ibuprofen bought over the counter comes in 200 mg tablets: **take TWO 200mg tablets**). **Ibuprofen is preferred over other NSAIDs like Aleve (Naproxen Sodium)*.*

- Take Ibuprofen **400 mg** no more frequently than every 4 hours
- ***If you are still experiencing pain 2 hours after taking this medication, go to STEP 2***



STEP 2: Take over-the-counter **REGULAR strength** Tylenol (aka acetaminophen): **ONE 325mg tablet**.

- You can take this medication every 4 hours; alternate this with Motrin /Ibuprofen /Advil.
- ***If it has been 4 hours or longer since you took your last dose of IBUPROFEN and you are only experiencing mild/moderate pain (after taking Tylenol), return to STEP 1***
- ***If you are still experiencing SEVERE pain 2 hours after taking this medication, go to STEP 3***



STEP 3: If a narcotic medication (usually Hydrocodone/Acetaminophen) was prescribed by Dr. Soung, **take this AS PRESCRIBED (i.e., only every 4-6 hours)**.

NOTE: *Ibuprofen, Tylenol, and Hydrocodone/Acetaminophen can be taken concurrently (at the same time), if absolutely needed. There is no cross-reactivity, risk of overdose, or adverse effects with having all 3 of these pain medications in your body at the same time as long as you don't take them more frequently than instructed/prescribed.*

In fact, multiple studies have conclusively shown that the COMBINATION of Ibuprofen + Tylenol (taken according to a strict regimen) is more effective for post-surgical pain control than narcotic pain medications!