

PAIN CONTROL REGIMEN

If you have pain, follow these instructions **IN ORDER**:

Step 1

Prescription-strength **Ibuprofen 400mg** written by our office **OR** over-the-counter **Motrin, Ibuprofen, or Advil** (Choose **ONE of these, and take TWO 200mg tablets**). You can take one of these medications every 4 hours. *We do not recommend taking Aleve (Naproxen Sodium) *

- **If you are still experiencing pain 1 hour 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 you are still experiencing SEVERE pain 1 hour after taking this medication, go to STEP 3**
- **If it has been 4 hours or longer since taking Motrin/Ibuprofen/Advil and you are only experiencing mild/moderate pain, return to STEP 1**

Step 3

Take the narcotic medication (usually Hydrocodone/Acetaminophen) prescribed by our office (if applicable). You can take this medication every 6 hours for pain not relieved by Motrin and Tylenol.

A highly recommended over-the-counter (OTC) TOPICAL pain relief medication is **RED CROSS TOOTHACHE**. This can be purchased from any drugstore (CVS, Walgreens, etc), or Walmart. This liquid medication can be dripped directly into the site. Do NOT put the cotton pellets that are included with the package into your extraction site! Please call if you have any questions or concerns about this medication.