

Instructions for Tylenol and Ibuprofen

If you do not want to take prescription pain medication and are experiencing pain, you may try the steps below:

1. If you have **LIVER DISEASE**, do not follow these instructions.

- a. Acetaminophen has been known to cause liver damage when a person takes too much. If you take the acetaminophen, please make sure you are not on any other products that contain acetaminophen such as cough medicines, prescription medications, with acetaminophen, etc.



2. If you have **KIDNEY DISEASE**, do not follow these instructions.

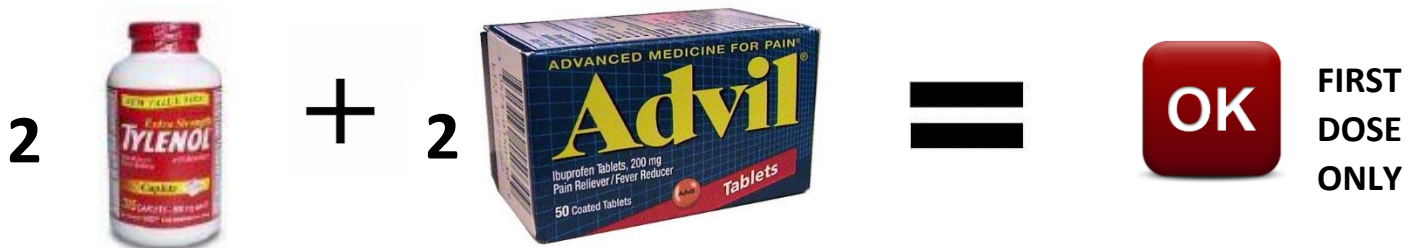
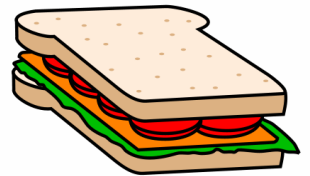
3. If your **doctor has told you to avoid taking Acetaminophen, Ibuprofen, Motrin, or Advil**, **DO NOT** follow these instructions.

4. If you have a **history of easy bleeding or stomach ulcers**, **DO NOT** follow these instructions.

5. After you have verified that you do not meet any criteria in steps 1 through 4, you may continue to step 6.

6. Please eat something before you continue to the next steps.

7. Take **TWO** Tylenol (325 mg each) AND **TWO** Ibuprofen/ Motrin/ Advil (200 mg each) at the same time. (For the first dose, you CAN take them both at the same time)



8. SIX hours after the first dose, Take **TWO** Tylenol (Do NOT take Ibuprofen with any more doses)

9. SIX hours after taking the Tylenol, Take **TWO** Ibuprofen (or Advil or Motrin). (Do NOT take Tylenol with this dose – Ibuprofen ONLY)

10. Continue to **rotate** the two medications every 6 hours

*** These medications work in different ways and provide additive pain relief after your procedure. This can help with the pain without the side effects of prescription pain medication. ***

Please call the office if you have any questions or concerns. 704-295-0000.

