



Pain medication schedule - First four days after surgery

Time	Ibuprofen	Tylenol
8 am	800 mg	500 mg
1 pm	400 mg	500 mg
6 pm	400 mg	500 mg
Before Bed	600 mg	500 mg

Please take these doses for the first four days after surgery - they must be taken on the hour as written above (you may shift the whole schedule an hour ahead or behind).

Studies show that the above medications are just as effective as narcotics if taken on schedule. If you forget to take every dose, the pain will begin to “catch up” to you and can result in serious discomfort.

You may call us if you are concerned about your healing for any reason, but we will ask that you follow this schedule if you are not doing so already.

You may take additional doses of Tylenol or Ibuprofen if you have any trouble sleeping, but do not exceed 3500 mg of Tylenol per day or 3200 mg of Ibuprofen per day.

Do not consume alcohol while following this schedule

Patients with kidney disorders who can not take NSAIDs: omit ibuprofen and take 1000 mg of Tylenol for your 8 am and bedtime dose