



## How Do I Take My Pain Medication?

Post-operative pain can be managed well if you adhere to the following instructions:

- 1) Upon leaving your surgical appointment travel directly home stopping only at the pharmacy.
- 2) When you arrive home. Eat a medium sized amount of soft food which will lower your chances of having upset stomach with the medications
- 3) Take the following medications. Note: If you have been advised by your physician to avoid one of these medications then do not take that particular one.
  - a. **Ibuprofen (Motrin, Advil)**
    - i. Three 200mg tablets, then every 6 hours take an additional three tablets
    - ii. Do this for 3 days whether you are having discomfort or not
  - b. **Acetaminophen (Tylenol)**
    - i. One and ½ 500mg tablet, then every 6 hours, take an additional one and ½ tablet
- 4) If your pain is not controlled or you have been instructed to do so, then take narcotic medications
  - a. **Oxycodone**
    - i. One or Two 5mg tablets
- 5) If you questions about the medications or need assistance with pain management call our office. If it's after 5pm call our on-call doctor at 573.397.1496.