

# dillinghamhanson

———— Family, Cosmetic, & Implant Dentistry

## **RECOMMENDED PAIN MEDICATION DOSING**

- Alternate ibuprofen (Advil, Motrin) and acetaminophen (Tylenol)
- Take 400-800 mg of ibuprofen
  - Over-the-counter ibuprofen is 200 mg
- 3 hours later take 500-1000 mg of acetaminophen
  - Over-the-counter acetaminophen is 325mg, extra strength is 500mg
- 3 hours later take 400-800 mg of ibuprofen
- Continue to repeat every 3 hours
- Take medication “by the clock” for the first couple of days
- After the first couple of days, continue to take pain medication as needed
- Personal preference on taking medication at night while sleeping
  - Either have medication by bed ready to take if waking with pain or set alarm to take medication on same time schedule
- Do not exceed the daily maximum doses
  - Daily maximum dose of ibuprofen = 3200 mg
  - Daily maximum dose of acetaminophen = 4000 mg
- Do not take these medications if you are allergic to them.