

Rx Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Acute Pain Relief

**Acetaminophen** (e.g. Tylenol®) Take two 325 mg tablets by mouth every six hours as needed for pain

**Ibuprofen** (e.g. Advil® or Motrin®) Take two 200 mg tablets by mouth every six hours as needed for pain

**Combination therapy** Take one 500 mg tablet of extra strength acetaminophen AND one 200 mg tablet of ibuprofen by mouth every six hours as needed for pain

**Alternating therapy** Take two 325 mg tablets of acetaminophen by mouth NOW, THEN take two 200 mg tablets of ibuprofen four hours later

*Example: acetaminophen at 8 am, ibuprofen at 12 pm, acetaminophen at 4 pm, ibuprofen at 8 pm, continue as needed*

Pain relieving cream or rub (e.g. IcyHot®, Arnicare Gel®: use as directed on the package)

Apply ice or cold pack for 15-20 minutes, 3 times a day

Apply heat pack for 15-20 minutes, 3 times a day

Other: \_\_\_\_\_  
\_\_\_\_\_

If not improved in \_\_\_\_\_ days, if new symptoms occur, or if you have other symptoms, please call or return to the office for a recheck.

*\* Note: Tylenol® and store brands of acetaminophen are the same and work equally well. Advil®, Motrin®, and store brands of ibuprofen are the same and work equally well. Refer to the medication package inserts for medication guides, instructions for use, and maximum daily dosages.*

You have **NOT** been prescribed a narcotic (opioid) medication because opioid use for acute pain can cause side effects (e.g. nausea, vomiting, constipation) and even more serious harm or death.

\* Opioids have a risk for addiction/misuse

Prescriber: \_\_\_\_\_

