



Patient Name:

Date:

Prescription for Pain Self-Management

- Acetaminophen** (i.e., Tylenol®). Take two 325 mg tablets by mouth every six hours as needed for pain
- Acetaminophen** (i.e., Tylenol®). Take two 500 mg tablets by mouth every six hours as needed for pain (not to exceed 4000mg)
- Ibuprofen** (i.e., 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

You have NOT been prescribed a narcotic (opioid) medication because the risks outweigh the benefits for your condition.
* Opioids have a risk for addiction/misuse

- Pain relieving cream or rub (i.e., 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 or if new symptoms occur, 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. *Maximum dose: NSAIDS 3200mg and Acetaminophen 4000mg in a 24-hour period.*

Prescriber:



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