



MEDICATION SCHEDULE - for oral surgery pain management

Tylenol/Acetaminophen: Take 650-1000mg by mouth every 6 hours. The daily maximum dose for an adult sized person is 4000mg/day.

Ibuprofen/Motrin: Take 600mg by mouth every 6 hours. The daily maximum dose for an adult sized person is 3200mg/day.

When pain is the most intense, alternate these medications every 3 hours. **DO NOT** take both medications together every 3 hours.

_____ am / pm 650-1000mg Tylenol/Acetaminophen
_____ am / pm 600mg Motrin/Ibuprofen
_____ am / pm 650-1000mg Tylenol/Acetaminophen
_____ am / pm 600mg Motrin/Ibuprofen
_____ am / pm 650-1000mg Tylenol/Acetaminophen

Sleep - It will help you feel better. If you wake up in pain, take the next dose of Tylenol/Acetaminophen or Motrin/Ibuprofen as long as 6 hours has passed from the previous dose.

PRESCRIPTION INFORMATION:

Norco/Perocet: These are prescription pain medicines that contain opioids: hydrocodone (Norco) or oxycodone (Perocet).

Only fill and use the prescription if you are still experiencing break through pain AFTER trying the above medication schedule of alternating doses of Tylenol/Acetaminophen and Motrin/Ibuprofen. If you need to use the prescription narcotic/opioid pain medicine (Norco or Perocet) follow the below Rx medication schedule. Both Norco and Perocet contain 325mg Tylenol/Acetaminophen per tablet. Take only 500mg of Tylenol/Acetaminophen with Rx to stay in-line with maximum allowable dose.


NEVER take a prescription medication with alcohol, sedatives or sleep aids as it can cause respiratory arrest among other side effects.

_____ am / pm start time 600mg Motrin/Ibuprofen
_____ am / pm 3 hours later 1 tab Norco/Perocet + 500mg Tylenol/Acetaminophen
_____ am / pm 3 hours later 600mg Motrin/Ibuprofen
_____ am / pm 3 hours later 1 tab Norco/Perocet + 500 mg Tylenol/Acetaminophen

If you have any questions, please contact us.

Thank you for trusting us with your care. *Experience is the Difference!*

PRESCRIPTION OPIOIDS: WHAT YOU NEED TO KNOW



Prescription opioids can be used to help relieve moderate-to-severe pain and are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment but also come with serious risks. It is important to work with your health care provider to make sure you are getting the safest, most effective care.

WHAT ARE THE RISKS AND SIDE EFFECTS OF OPIOID USE?

Prescription opioids carry serious risks of addiction and overdose, especially with prolonged use. An opioid overdose, often marked by slowed breathing, can cause sudden death. The use of prescription opioids can have a number of side effects as well, even when taken as directed:

- Tolerance—meaning you might need to take more of a medication for the same pain relief
- Physical dependence—meaning you have symptoms of withdrawal when a medication is stopped
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting, and dry mouth
- Sleepiness and dizziness
- Confusion
- Depression
- Low levels of testosterone that can result in lower sex drive, energy, and strength
- Itching and sweating



As many as
1 in 4
PEOPLE*

receiving prescription opioids long term in a primary care setting struggles with addiction.

* Findings from one study

RISKS ARE GREATER WITH:

- History of drug misuse, substance use disorder, or overdose
- Mental health conditions (such as depression or anxiety)
- Sleep apnea
- Older age (65 years or older)
- Pregnancy

Avoid alcohol while taking prescription opioids. Also, unless specifically advised by your health care provider, medications to avoid include:

- Benzodiazepines (such as Xanax or Valium)
- Muscle relaxants (such as Soma or Flexeril)
- Hypnotics (such as Ambien or Lunesta)
- Other prescription opioids



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