



LITTLETON
Family Dental

Effective Non-Prescription Pain Relief

According to research studies* and many of our patients, this pain regimen works as well or better than many of the narcotic pain medications (Vicodin, Percocet, etc.) you may have used. This pain regimen assumes that you are NOT allergic to either ibuprofen or acetaminophen. This regimen works very well because it allows two complementary compounds to block your body's pain receptors.

1. Take 600mg of ibuprofen (i.e. 3 tablets of 200mg over-the-counter ibuprofen)
2. Four hours later, take 2 tablets (500mg each) of Extra Strength Tylenol (or 1000mg of generic acetaminophen)
3. Four hours later, retake 600mg ibuprofen (it's now been 8 hours since your last dose of ibuprofen)
4. Four hours later, take 2 tablets of Extra Strength Tylenol again (it's now been 8 hours since your last dose of Tylenol).
5. Continue to alternate these medications as needed for pain relief. Make sure to not confuse which medication you took last, and to not exceed the maximum daily dosage recommended on the packaging.

As always, please call our office if you have any questions or concerns following your treatment. (303) 797-3867

*Daniels, SE et al. Analgesic efficacy of acetaminophen/ibuprofen fixed-dose combination in moderate to severe postoperative dental pain. A randomized, double-blind, parallel-group, placebo-controlled trial. *Clinical Therapeutics*, Volume 40, Issue 10, October 2018, Pages 1765-1776.

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