



MARVIN D. GOLDENSTEIN, D.D.S.
ORAL AND MAXILLOFACIAL SURGEON

16620 North 40th Street
Suite H-1
Phoenix, Arizona 85032
(602) 971-7181
Fax (602) 992-8897

DIRECTIONS FOR TAKING IBUPROFEN AND ACETAMINOPHEN FOR POST-OPERATIVE PAIN

Take 800mg ibuprofen (Advil) three times daily (breakfast, dinner, bedtime).

With each ibuprofen dose take either two **regular strength** (325mg) acetaminophen (Tylenol) or one **extra-strength** (500mg) acetaminophen (Tylenol) to a total of **no more than ten regular strength or five extra-strength acetaminophen in any 24 hour period.**

Remember if you are taking oxycodone (Percocet), hydrocodone (Vicodin), or codeine each tablet has a regular strength (325mg) dose of acetaminophen (Tylenol) in the tablet so this must be added to the count of no more than ten regular strength (325mg) acetaminophen doses to be taken in a 24 hour period.

Example: **First dose taken** = 800mg ibuprofen plus 2 regular strength acetaminophen. After 2 hours this dose is not handling the pain, take one tablet of oxycodone (hydrocodone, codeine). Now you have taken a total of 3 regular strength acetaminophen doses and can only take seven more during the 24 hours since you took the first dose of acetaminophen.

Second dose = 800mg of ibuprofen plus 2 regular strength acetaminophen. You have taken a total of five regular strength acetaminophen doses. You can still take up to five more regular strength acetaminophen during the 24 hour period. After 2 hours this is not handling the pain, you can take one tablet of oxycodone (hydrocodone, codeine). Now you can only take four more doses of acetaminophen within 24 hours of when you took the first dose.

Third dose = ibuprofen 800mg plus 2 regular strength acetaminophen. So now you have taken eight doses of regular strength acetaminophen. You can take one or two oxycodone (hydrocodone, codeine) tablets if you need it before the 24 hour period is over without exceeding the ten regular strength acetaminophen tablets per 24 hour rule.

Number of regular strength (325mg) tablets taken during 24 hour period:

Day 1	Day 2	Day 3	Day 4	Day 5
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

**Practice Limited to
Oral and Maxillofacial Surgery**