

Short Term Pain Management Alternating

Dr. Tzendzalian has recommended the use of over-the-counter anti-inflammatory medications for relief of pain and/or swelling. This may occur following tooth extractions, sore jaw muscles after a dental procedure, or may be related to grinding. These medications are also very helpful to reduce inflammation inside the tooth if you have/had a deep cavity.

Every 4 hours alternate between:

- **Motrin[®] or Advil[®] 200mg (generic Ibuprofen)**
Take 4 tablets = 800mg
(do not exceed 12 tablets in 24 hours)
- **Tylenol[®] Extra-Strength 500mg (generic Acetaminophen)**
Take 2 tablets = 1000mg
(Do not exceed 6 tablets in 24 hours)

For example, you would follow this schedule during the day:

7:00 a.m. - take 800 mg of Ibuprofen with a meal and plenty of fluids
11:00 a.m. - take 1000 mg of Tylenol[®] **or** Pain medication if prescribed
3:00 p.m. - take 800 mg of Ibuprofen with a meal and plenty of fluids
7:00 p.m. - take 1000 mg of Tylenol[®] **or** Pain medication if prescribed

These instructions are to help you to manage tooth/mouth pain for a short period of time. Do not maintain this regimen for longer than is recommended by Dr. Tzendzalian.

If Dr. Tzendzalian has prescribed pain medicine (e.g. Vicodin), then you would take one at night to manage your pain. Please avoid driving when taking any prescription pain medication.

If you continue to experience pain or if you have any questions, please do not hesitate to call us at the office at 402-9200 extension 150.