

## If you have pain, follow these instructions IN ORDER:

Ketorolac given \_\_\_\_\_ Give Motrin \_\_\_\_\_ Proceed to Step 1

**STEP 1:** Prescription strength Motrin/Ibuprofen 400mg written by our office OR over-the-counter Motrin, Ibuprofen or Advil (take TWO 200mg tablets). **Choose ONE.** You can take one of these medications **every 4 hours.** Children 12 years old and under, follow dosage on packaging. If you are still experiencing pain 1 hour after taking this medication proceed to Step 2.



**STEP 2:** Take over-the-counter regular strength Tylenol (ONE 500mg tablet) (a.k.a. acetaminophen). You can take this medication **every 4 hours** along with Motrin, Ibuprofen or Advil. If you are still experiencing SEVERE pain 1 hour after taking this medication, go to STEP 3.

*If it has been 4 hours or longer since taking Motrin/Ibuprofen/Advil and you are only experiencing mild/moderate pain, return to STEP 1.*



**STEP 3:** Take the narcotic medication (usually Hydrocodone/Acetaminophen) prescribed by our office (if applicable). You can take this medication **every 6 hours** for pain not relieved by Motrin and Tylenol.

**AVOID:** Alcoholic beverages, using straws and foods that are hard, crunchy or sharp (for example: popcorn and nuts).



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