



## **Pain Management with OTC Medicine**

Multiple research studies have shown over and over again that the combination of ibuprofen (Advil) and acetaminophen (Tylenol) is MORE effective than narcotics for tooth pain relief. It is sometimes combined with antibiotics in the case of abscess or infection. Please inform the doctor if you have kidney or liver problems. Use caution when taking over the counter (OTC) medicine on an empty stomach as it may cause nausea.

Over the counter medications can be taken as follows:

600 MG- Ibuprofen: 3 tablets (200MG each)- NO more than 2400MG per 24 hours

**AND**

650 MG- Tylenol: 2 Tablets (325MG each)- NO more than 3000MG per 24 hours

Take these medicines together every 4-6 hours as needed for pain, careful not to exceed maximum doses. As pain improves, alternate these instead of taking them together to decrease the total doses.