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## ANTI-INFLAMMATORY & PAIN MEDICATIONS

STARTING 24 HOURS BEFORE YOUR APPOINTMENT, TAKE:

- Ibuprofen is an anti-inflammatory medication that helps reduce post-operative pain and swelling as well as hasten healing.
- Starting 24 hours before your treatment appointment, it is recommended to start taking anti-inflammatory medications.
- Our recommendation is to take 1 tablet (200mg) of Ibuprofen every 4 hours, starting 24 hours before your appointment.
- The maximum daily dose for Ibuprofen is 1.2 grams (6 tablets).
- Other names for Ibuprofen: Advil, Apo-Ibuprofen, Motrin, Children's Motrin IB, Novo-Profen, Nu-Ibuprofen

AFTER YOUR APPOINTMENT, TAKE:

- 2 tablets (400mg) of Ibuprofen right away, then 1 tablet (200mg) of Ibuprofen every 4 hours until bedtime. (No more than 6 tablets in a 24-hour period)
- 2 hours after taking the 2 tablets of Ibuprofen take 1 tablet (325mg) of regular-strength Acetaminophen (Tylenol) and repeat every 4 hours until bedtime.
- Acetaminophen is a pain medication that helps reduce the sensation of pain.
- The maximum daily dose for Acetaminophen is 4 grams (12 tablets).
- Other names for Acetaminophen: Tylenol, Panadol, Paracetamol.
- Here is a summary of the Ibuprofen/Acetaminophen regimen:
  - Right away, take 2 tablets of Ibuprofen (loading dose)
  - 2 hours later, take 1 regular strength Acetaminophen
  - 2 hours later, take 1 tablet of Ibuprofen
  - 2 hours later, take 1 regular strength Acetaminophen
  - 2 hours later, take 1 tablet of Ibuprofen

- Repeat the 2-hour alternating regimen between Acetaminophen tablet and an Ibuprofen tablet until going to bed.