

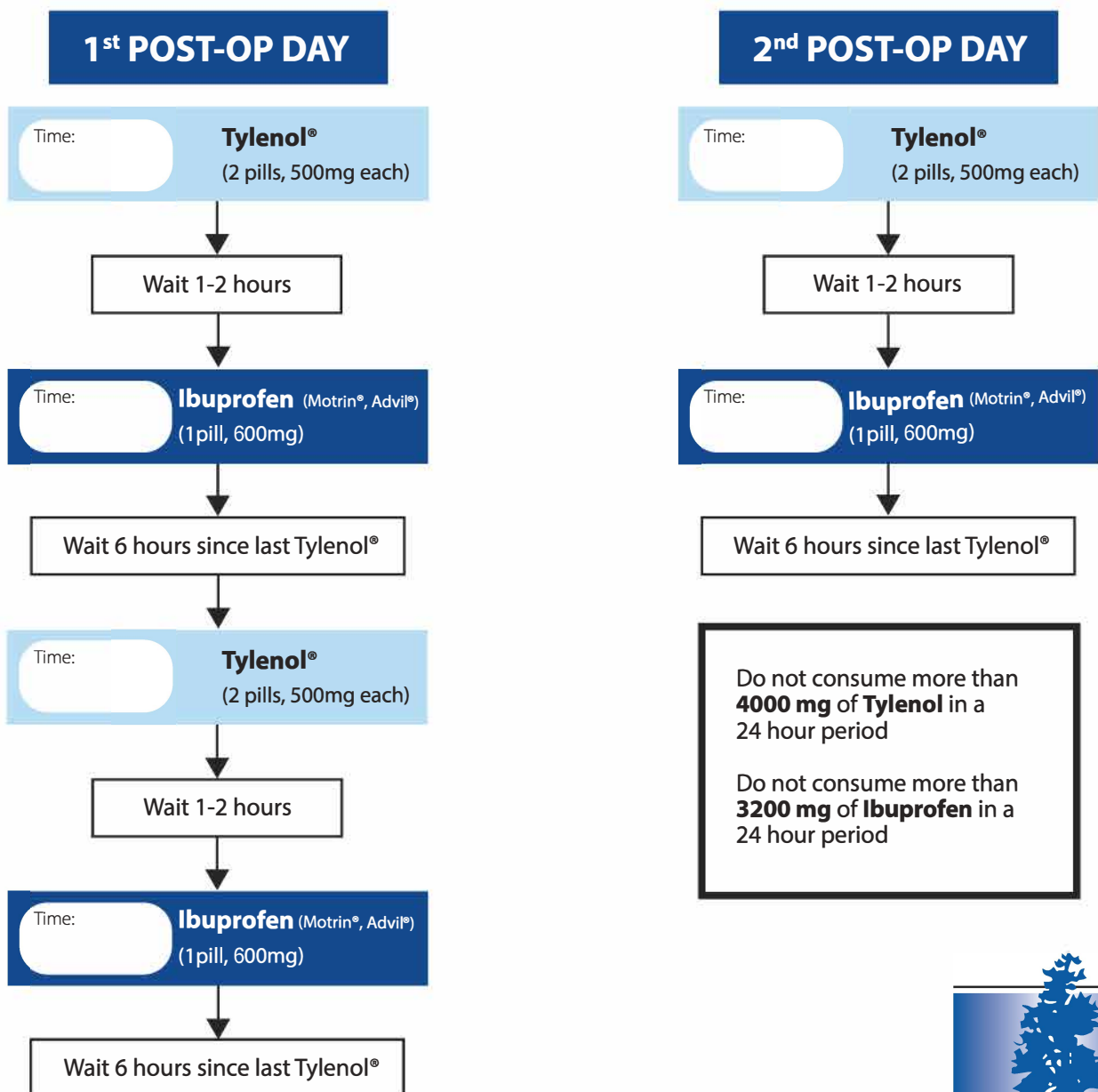
# Tylenol / Ibuprofen Regimen

To best control your pain without using opioid medication, take the **Tylenol** and **Ibuprofen** alternately every 6-8 hours each day

Wait 1-2 hours between Tylenol and Ibuprofen

**DAY OF SURGERY:** Take 1000mg Tylenol every 6 hours. Begin using 600mg Ibuprofen 12 hours after your surgery, and follow instructions below.

Use the chart below to record the times of dosages.



Please call or text our office with any questions: 303-493-1933

