

Pain Relief Medications After Minor Procedures

Please read the entire document before taking your medications

In most cases, a local anesthetic is used during your procedure to minimize discomfort. The anesthetic will wear off after 1 to 6 hours so it is best to take a pain relieving medication BEFORE the anesthetic effects are gone.

Please follow these instructions for optimal pain control.

NON-NARCOTIC MEDICATIONS

For most minor procedures such as scar revisions, skin excisions, eyelid lifts, and small area liposuction, over the counter (non-prescription) medications are enough to control discomfort and relieve pain.

The following recommendations are for adults over 100 pounds.

For younger patients, or those weighing less than 100 pounds, check the product label instructions. In all cases, the generic medications can be used instead of the brand-name medications.

- **Acetaminophen (Tylenol) 325 mg:** Take 1-2 pills every 4-6 hours as needed for pain. Maximum 10 pills per 24h
- **Ibuprofen (Motrin, Advil) 200 mg:** Take 1-2 pills every 4-6 hours as needed for pain. Maximum 10 pills per 24h
- **Naproxen (Aleve) 550 mg:** Take 1 pill every 12 hours as needed for pain. Maximum 2 pills a day.

MEDICATION COMBINATIONS

Acetaminophen can be combined with Ibuprofen or Naproxen (but not both) to provide better pain relief. Use the following medication schedule:

- Acetaminophen (as above) every 4-6 hours + Ibuprofen (as above) every 4-6 hours, or
 - Acetaminophen (as above) every 4-6 hours + Naproxen (as above) every 12 hours
- To prevent "high and low" medication effects, you may alternate Acetaminophen and Ibuprofen every 2 hours. For example, you may take Acetaminophen at noon, then

Ibuprofen at 2 pm, then Acetaminophen again at 4 pm followed by Ibuprofen at 6 pm.

- If using Naproxen, take Acetaminophen 2 to 3 hours before or after Naproxen.

MEDICATIONS FOR NAUSEA & VOMITING

You may receive a prescription for **ondansetron 4mg** (Zofran ODT) to treat nausea or vomiting after your procedure. This is a dissolving pill which should be placed on the top of your tongue and NOT swallowed.

PRECAUTIONS & WARNINGS

Do NOT take more than 3200 mg of **Acetaminophen** per day. If taking other medications, check to see if they contain **Acetaminophen** and do not exceed 4000mg per day.

Do NOT take more than 3600 mg (18 pills) of **Ibuprofen** per day

Do NOT take more than 660 mg (3 pills) of **Naproxen** per day

Do NOT take **Ibuprofen** and **Naproxen** at the same time, use one or the other at least 6 hours apart

Do NOT take **Ibuprofen** and **Naproxen** for more than 7 days in a row

Do NOT take **Ibuprofen** or **Naproxen** if you have the following:

- A history of heart attack, stroke, or blood clot
- Heart disease, congestive heart failure, high blood pressure
- A history of stomach ulcers or bleeding
- Active asthma
- Liver or kidney disease

Do NOT take **Aspirin** unless instructed to do so. If you have a heart stent, discuss with us before your procedure.

READ ALL THE LABELS, INSTRUCTIONS, PRECAUTIONS AND WARNINGS ON YOUR NON-PRESCRIPTION AND PRESCRIPTION MEDICATIONS. YOU ARE RESPONSIBLE FOR MAKING SURE THAT YOU CAN TAKE THESE MEDICATIONS BASED ON ANY OTHER OF YOUR MEDICAL CONDITIONS OR ANY OTHER MEDICATIONS WHICH YOU ARE TAKING.