

RAY TONKS, D.D.S.

Personalized Dental Care

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Prescription Strength Pain Control With OTC Medicines

By combining Ibuprofen (Motrin) and Acetaminophen (Tylenol), pain relief is maximized while side effects and risks of excessive doses are minimized.

For mild to moderate pain: take 400mg of ibuprofen (two 200mg tablets)
Take also 500mg of acetaminophen (one "extra-strength" Tylenol)
Repeat every 6 hours as needed (up to 4 times a day)

Daily maximum dose (24 hour period):	Ibuprofen	3200mg
	Acetaminophen	3000mg

Doses with this schedule:	Ibuprofen	400mg x 4 tablets = 1600mg
	Acetaminophen	500mg x 4 tablets = 2000mg

As you can see, the above dose schedule falls well under the daily maximum dose for both medications. This allows for the potential addition of selected prescription strength pain medications if needed for stronger pain control.

*******Tips for Better Results*******

Crush pills and take with yogurt or applesauce
Take pills with at least 8oz of warm or hot water

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