

Pain Management Instructions

We recommend reviewing this information so that you can manage your pain effectively. You can also download a PDF of this information for handy viewing on your phone.

POST-OPERATIVE

- Take the prescribed pain reliever before the numbness starts to subside, making sure you have eaten beforehand.
- We recommend taking 2–3 200 mg tabs of Advil® or ibuprofen between each dose of the prescribed pain medication for 4–5 days.
- If discomfort is tolerable without the use of the prescribed pain medication, we still recommend taking 2–3 200 mg tabs of Advil or Ibuprofen every 4–6 hours to help minimize swelling.

PRE-OPERATIVE

- Take 800mg Advil or ibuprofen night prior to surgery.
- If you are unable to take ibuprofen, you can take Tylenol®.

DAY OF SURGERY

- 1–2 hours after surgery or before the numbness starts to subside – Take the prescribed pain medication
- 2 hours later – Take 600mg Advil or ibuprofen and continue as directed
- 2–4 hours later – Take the prescribed pain medication, only as needed