



PainPack™ Protocol

Better pain management. Faster recovery.



To best control your pain, take the **Tylenol®** and **Ibuprofen** every 6-8 hours each day.

Make sure to wait 1-2 hours between the **Tylenol®** and **Ibuprofen**.

The **Oxycodone (opioid)** is to be used only for pain not relieved by the schedule below:

DAY 1

TIME:

Tylenol®
(2 pills, 500 mg each)

Wait 1-2 hours

TIME:

Ibuprofen (Motrin®, Advil®)
(1 pill, 800 mg)

Wait 6-8 hours from last Tylenol

TIME:

Tylenol®
(2 pills, 500 mg each)

Wait 1-2 hours

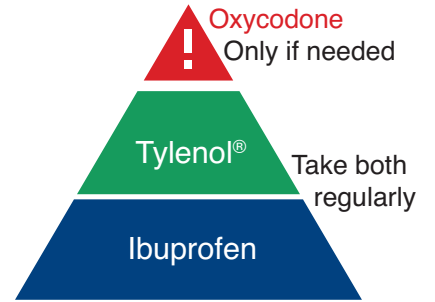
TIME:

Ibuprofen (Motrin®, Advil®)
(1 pill, 800 mg)

Record # of Oxycodone pills taken on Day 1:

Taking medications with food and drinking plenty of fluids is recommended. See next page Days 2 - 5

Other Instructions:



WARNING Oxycodone

side effects include:

- Nausea
- Vomiting
- Constipation
- Headache
- Legal Impairment
- Risk of Addiction

If you need more pain relief than the routine shown at left, consider taking at **any** time:

Oxycodone
(1/2-2 pills every 4-6 hours)

Recommended to start with 1/2 pill and only take more if needed.



SPRING-KLEIN

ORAL & MAXILLOFACIAL SURGERY

DAY 2 - 5

Continue to take the **Tylenol®** and **Ibuprofen** every 6-8 hours each day. Make sure you wait 1-2 hours between the **Tylenol®** and **Ibuprofen**.

*The **Oxycodone (opioid)** is to be used only for pain not relieved by the schedule below:*

Tylenol®
(2 pills, 500 mg each)

Wait 1-2 hours

Ibuprofen (Motrin®, Advil®)
(1 pill, 800 mg)



Take every 6-8 hours with food.
Goal is to take 3 doses of each every day

For safety and better pain control, use the chart below to track when you take your medicines.

Bring this sheet to your follow-up appointment.



WARNING Oxycodone

(aka Narcotic Pain Medicine, 'Heroin in a Pill') is an opioid and has potential risk of **ADDICTION.**

If you need more pain relief than the routine shown at left, consider taking at **any** time:

Oxycodone
(1/2-2 pills every 4-6 hours)

Recommended to start with 1/2 pill and only take more if needed.

DAY 2

Tylenol®

Ibuprofen

TIME TAKEN

TIME TAKEN

TIME TAKEN

TIME TAKEN

TIME TAKEN

TIME TAKEN

TIME TAKEN

TIME TAKEN

DAY 3

Tylenol®

Ibuprofen

TIME TAKEN

TIME TAKEN

TIME TAKEN

TIME TAKEN

TIME TAKEN

TIME TAKEN

TIME TAKEN

TIME TAKEN

DAY 4

Tylenol®

Ibuprofen

TIME TAKEN

TIME TAKEN

TIME TAKEN

TIME TAKEN

TIME TAKEN

TIME TAKEN

TIME TAKEN

TIME TAKEN

DAY 5

Tylenol®

Ibuprofen

TIME TAKEN

TIME TAKEN

TIME TAKEN

TIME TAKEN

TIME TAKEN

TIME TAKEN

TIME TAKEN

TIME TAKEN

Please check Oxycodone used for each day. **Total Rx'd: ___ / Used: ___**

1/2 1 1/2 2 1/2 3

1/2 4 1/2 5 1/2 6

1/2 7 1/2 8 1/2 9

1/2 1 1/2 2 1/2 3

1/2 4 1/2 5 1/2 6

1/2 7 1/2 8 1/2 9

1/2 1 1/2 2 1/2 3

1/2 4 1/2 5 1/2 6

1/2 7 1/2 8 1/2 9

1/2 1 1/2 2 1/2 3

1/2 4 1/2 5 1/2 6

1/2 7 1/2 8 1/2 9

Left over **Oxycodone pills**? Get rid of them!



Please get **unused opioids** out of your home. Find local dropbox here:

www.awarerx.pharmacy

Fact: 4 out of 5 heroin users started out misusing prescription painkillers.

