

## **Post Op Pain Management: Alternative to OPIOID's**

**500mg Tylenol taken with 400-600mg Ibuprofen (Advil);** which means you will take 2-3 Ibuprofen 200mg tablets with 1 Tylenol 500mg every 4-6 hours. This will work better taken together than separately to relieve dental pain without the side effects of opioids.

Take them together for a short amount of time, generally 3-4 days post-surgery or up to a week as prescribed by a doctor. Maximum daily totals should not exceed 3000mg of Tylenol and 3200mg of Ibuprofen.

Ibuprofen (Advil) is a nonsteroidal anti-inflammatory (NSAID) that targets pain at the source, temporarily reducing the production of prostaglandins, which cause swelling and pain signals. Acetaminophen (Tylenol) is a pain reliever that blocks the transmission of pain signals to the brain.



### **First combination of ibuprofen (Advil) and acetaminophen (Tylenol) for pain relief to be available OTC in 2020**

U.S. Food and Drug Administration (FDA) has approved Advil Dual Action with Acetaminophen as an over-the-counter (OTC) product for pain relief. The exclusive formula is now the first FDA-approved OTC combination of ibuprofen and acetaminophen in the United States and will be available over-the-counter nationwide in 2020.