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PATIENT MEDICATION SCHEDULE

Here are some over-the-counter “anti-inflammatory” alternatives that will give you the same dosages as a prescription medication:

2 Aleve (220mg/tablet) with food- 2x per day

OR

3-4 Advil (200mg/tablet) with food- 3x per day

FOR SEVERE PAIN IT IS SAFE TO COMBINE THE FOLLOWING:

3-4 Advil (200mg/tablet) and 2 Tylenol (500mg/tablet)
with food- 3x per day

OR

2 Aleve (220mg/tablet) and 2 Tylenol (500mg/tablet) with Breakfast
2 Tylenol (500mg/tablet) with Lunch
2 Aleve (220mg/tablet) and 2 Tylenol (500mg/tablet) with Dinner

Medicine is an adjunct to your exercise, ice, and other therapies. If there is stomach upset or any other side effects that bother you, etc. **discontinue use immediately** and contact the office. If you have previous ulcer problems, tell us before starting these medications. You should **not** take any other anti-inflammatory medicines, including aspirin at the same time. To build up the drug level to its effective peak, do not skip a dose of the prescribed medicine. A course of anti-inflammatory medicine usually lasts about 7-10 days. If there has been no effect by then, it is usually discontinued.