

**Daniel Fulham O'Neill, M.D., Ed.D, F.A.A.O.S.**  
*Board Certified Orthopaedic Surgeon & Sports Psychologist*

---

*PO Box N, Holderness, NH 03245  
Tel: 603 536 2270 Fax: 603 536 2277*

**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.