

Pain Management Protocol

This protocol is superior to addictive medications for orthopedic injuries/surgery


1. From your pharmacy, purchase the following over-the-counter medications:
 - a. Aleve 220 mg OR Advil 200mg (do not purchase both)
 - b. Tylenol Arthritis 650mg

2. Directions: **Take ONE of these:**

Pick 1

Medication	Start Taking:	How Often?	Timing	Max
	<u>Morning of Surgery</u> or <u>Immediately after Injury</u>	2 times per day	<input checked="" type="checkbox"/> 6am <input checked="" type="checkbox"/> 6pm	4 per day (880 mg)
	<u>Morning of Surgery</u> or <u>Immediately after Injury</u>	4 times per day	<input checked="" type="checkbox"/> 6am <input checked="" type="checkbox"/> noon <input checked="" type="checkbox"/> 6pm <input checked="" type="checkbox"/> midnight	12 per day (2,400mg)

AND take this:

Medication	Start Taking:	How Often?	Timing	Max
	If pain is severe, start 4-6 hours after <i>Aleve</i>	3 times per day	<input checked="" type="checkbox"/> 2pm <input checked="" type="checkbox"/> 10pm <input checked="" type="checkbox"/> 6am	4 per day (2600mg)

***Tylenol Arthritis plus Aleve is a case of 1+1=3, not 2.
 They work together as a team to make each other stronger.***

If you were prescribed *Norco*, *Vicodin*, or *Percocet* they should be taken ONLY to assist with sleeping at night for the first week. Many patients do not need to take these. Remember that opioid pain medication can lead to addiction, respiratory sedation, and death. In 2017 over 30,000 Americans **died** from opioid overdoses and we don't want this to happen to you.

With this protocol, your pain will be very manageable. The worst pain only lasts for the first 48 hours and improves significantly after that. By the time you see your doctor for your next visit you probably will no longer require any pain medication on a daily basis.

