



"2-2-2" Pain Management Protocol

Goals:

1. To keep you comfortable after surgery, selected fractures and other injuries.
2. To minimize your need for narcotic pain medications.

How?

1. By using a combination of non-addicting pain-relieving medications and anti-inflammatory medications.
2. By limiting your need for short acting narcotic pain medications that give you a quick, short burst of pain relief, but leaves you with more pain when it wears off.

Warnings:

1. Don't take ibuprofen if you are allergic to ibuprofen, naproxen or aspirin or if you have kidney damage, bleeding ulcers or are on blood thinning medications.
2. Don't take the Tylenol (acetaminophen) if you are allergic to it or if you have liver damage.
3. The maximum daily recommended dose of Tylenol is 3000 mg per day, which is the same as 9 of the 325 mg pills. You may have to do some math if your rescue narcotic medication also contains acetaminophen.
4. Do not drive while taking narcotic pain medications or Benadryl.

Plan:

1. 2 ibuprofen (200mg each) every 6 hours
2. 2 regular strength Tylenol (325 mg each) every 6 hours.
3. 2 Benadryl (generic is diphenhydramine) (25 mg each) every 6 hours
4. If you still have pain, you can take a rescue dose of the codeine, hydrocodone, oxycodone or tramadol that you were prescribed every 6 hours if needed for pain.