



## **Pain Management Protocol for Fractures**

### **Goals:**

1. To keep you comfortable after fractures and in other situations where you should not take NSAIDs like ibuprofen or naproxen.
2. To minimize your need for narcotic pain medications.

### **How?**

1. By using a combination of non-addicting pain-relieving 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 the Tylenol (acetaminophen) if you are allergic to it or if you have liver damage.
2. 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.
3. Do not drive while taking narcotic pain medications or Benadryl.

### **Plan:**

1. 2 regular strength Tylenol (325 mg each) every 6 hours.
2. 2 Benadryl (generic is diphenhydramine) (25 mg each) every 6 hours
3. 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.