

Recommended Combination Therapy for Pain Management

Have a Question? Call us: Westlake (805) 495-7416 Simi (805) 522-4022 Glendale (818) 240-1805

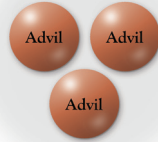
OPTION 1



EXPAREL
 Long lasting anesthetic given by your surgeon

START

600mg IBUPROFEN



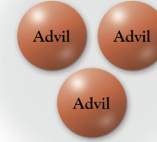
WAIT 3 HOURS

500mg ACETAMINOPHEN



WAIT 3 HOURS

600mg IBUPROFEN



WAIT 3 HOURS

500mg ACETAMINOPHEN



REPEAT AS NEEDED
 Do not exceed maximum daily dose*

OPTION 2

OPIATE NARCOTIC OPTION

START

600mg IBUPROFEN



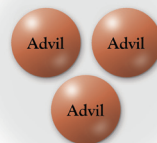
WAIT 3 HOURS

NARCOTIC*



WAIT 3 HOURS

600mg IBUPROFEN



WAIT 3 HOURS

NARCOTIC*



REPEAT AS NEEDED
 Do not exceed maximum daily dose*

OPTION 3



EXPAREL
 Long lasting anesthetic given by your surgeon

START

600mg IBUPROFEN



WAIT 3 HOURS

500mg ACETAMINOPHEN



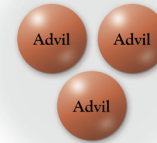
OR

NARCOTIC*

Pick one, not both!

WAIT 3 HOURS

600mg IBUPROFEN



REPEAT AS NEEDED
 Do not exceed maximum daily dose*

TIPS

- If you have an allergy to any of the medications listed on this guide, please consult with our doctors prior to following these instructions.
- Take your pain medication dose before the numbness starts to wear off. Usually the numbness will last from 4 to 6 hours after surgery.
- Make sure you take your medication with food to help prevent an upset stomach.
- You can start taking over the counter pain medication the day prior to surgery which can help your body maintain a good level of pain control.
- Continue the pain medication for 3 to 5 days after your surgery for maximum benefit.

*Norco = Vicodin = Hydrocodone + Acetaminophen

Percocet = Oxycodone + Acetaminophen

* Acetaminophen = Tylenol | Max Daily Dose = 3000mg

Ibuprofen = Advil = Motrin | Max Daily Dose = 3200mg