

Katina McQuilla (Clinical Assistant) – (919) 781-5600 ext. 5070, or 5621 for voicemail  
Maureen Huggler (Surgery Scheduler) – (919) 863-6934  
Jamie Faison (Secretary) – (919) 863-6869

## Pain Management Protocol

**Following this protocol has been shown to be superior to addictive opioid medications for orthopedic injuries in the acute setting.**

1. From your local pharmacy, purchase the following over-the-counter medications:

- a. Aleve 220 mg
- b. Tylenol Arthritis 650mg



2. Start by taking Aleve 220 mg in the morning and afternoon, for about 2-3 days after the injury; you can stop after two days if your pain is tolerable
3. If your pain is severe, add Tylenol Arthritis (or any brand of acetaminophen 8-hour), every eight hours, with a maximum dose of 3000 mg per day
  - a. The maximum amount of Tylenol is 3000 mg per day, which is the same as 4 of the 650 mg pills. Remember; don't substitute any other medication for the Tylenol: don't take Motrin, Aspirin, or any other over the counter medication

***Tylenol Arthritis plus Aleve is a case of 1+1=3, not 2.  
That is, they work together as a team to make each other stronger.  
Remember that Tylenol Arthritis is taken every 8 hours, the Aleve is twice a day.***

4. If you were prescribed Norco, Vicodin, or Percocet, these should be taken to assist with sleeping at night, only if needed, for the first week. You may be given a written prescription, but many patients find they do not need to take these. Remember that opioid pain medication can lead to addiction, respiratory sedation, and death. In 2017, over 38,000 Americans **died** from opioid overdoses and we don't want this to happen to you

With this protocol, you can expect your pain to 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.