

## Adult Post-Operative Pain Management

Pain medication is given immediately following your surgery to help with post-operative pain. Upon your discharge home, we suggest scheduled doses of Acetaminophen (tylenol) every 6 hours and Ibuprofen (Motrin) every 6 hours, alternating between medications every 3 hours (i.e. Take tylenol and wait 3 hours, then take Motrin and wait 3 hours, repeat) for the first 3-4 days after surgery. If you are without significant pain, medications can be taken more infrequently. *It is important to follow dosing instructions on the medication bottle or prescription.*

**If you need to call after clinic hours for a concern, call the UC Davis Medical Center hospital operator at 916-734-2011 and ask for the “physician on call for ENT.”**

UC Davis Otolaryngology  
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Sample of medication dosing schedule		
Give dose of:	Time:	Given:
Acetaminophen	12 a.m.	
Ibuprofen	3 a.m.	
Acetaminophen	6 a.m.	
Ibuprofen	9 a.m.	
Acetaminophen	12 p.m.	
Ibuprofen	3 p.m.	
Acetaminophen	6 p.m.	
Ibuprofen	9 p.m.	