



BLACK HILLS ORAL SURGERY
& Dental Implant Center

PainPack™ Protocol

Better pain management. Faster recovery.



To best control your pain, take the **Tylenol®** and **Ibuprofen** every 6-8 hours each day.

Make sure to wait 1-2 hours between the **Tylenol®** and **Ibuprofen**.

The **Oxycodone (opioid)** is to be used only for pain not relieved by the schedule below:

DAY 1

TIME:

Tylenol®
(2 pills, 500 mg each)

Wait 1-2 hours

TIME:

Ibuprofen (Motrin®, Advil®)
(1 pill, 800 mg)

Wait 6-8 hours from last Tylenol

TIME:

Tylenol®
(2 pills, 500 mg each)

Wait 1-2 hours

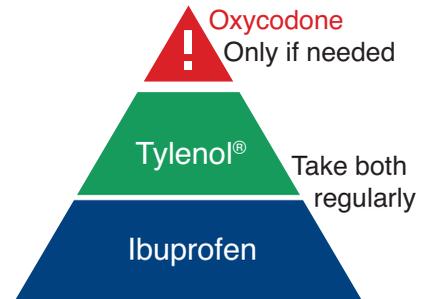
TIME:

Ibuprofen (Motrin®, Advil®)
(1 pill, 800 mg)

Record # of Oxycodone pills taken on Day 1:

Other Instructions:

Taking medications with food and drinking plenty of fluids is recommended. See next page Days 2 - 5



WARNING Oxycodone

side effects include:

- Nausea
- Vomiting
- Constipation
- Headache
- Legal Impairment
- Risk of Addiction

If you need more pain relief than the routine shown at left, consider taking at **any** time:

Oxycodone
(1/2-2 pills every 4-6 hours)

Recommended to start with 1/2 pill and only take more if needed.

DAY 2 - 5

Continue to take the **Tylenol®** and **Ibuprofen** every 6-8 hours each day. Make sure you wait 1-2 hours between the **Tylenol®** and **Ibuprofen**.

*The **Oxycodone (opioid)** is to be used only for pain not relieved by the schedule below:*

Tylenol®
(2 pills, 500 mg each)

Wait 1-2 hours

Ibuprofen (Motrin®, Advil®)
(1 pill, 800 mg)



Take every 6-8 hours with food.
Goal is to take 3 doses of each every day

For safety and better pain control, use the chart below to track when you take your medicines.

Bring this sheet to your follow-up appointment.



WARNING Oxycodone
(aka Narcotic Pain Medicine, 'Heroin in a Pill') is an opioid and has potential risk of **ADDICTION.**

If you need more pain relief than the routine shown at left, consider taking at **any** time:

Oxycodone
(1/2-2 pills every 4-6 hours)

Recommended to start with 1/2 pill and only take more if needed.

DAY 2		DAY 3		DAY 4		DAY 5	
Tylenol®	Ibuprofen	Tylenol®	Ibuprofen	Tylenol®	Ibuprofen	Tylenol®	Ibuprofen
TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN
TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN
TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN
TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN	TIME TAKEN
Please check Oxycodone used for each day. Total Rx'd: ___ / Used: ___							
1/2 1	1/2 2	1/2 3	1/2 1	1/2 2	1/2 3	1/2 1	1/2 2
1/2 4	1/2 5	1/2 6	1/2 4	1/2 5	1/2 6	1/2 4	1/2 5
1/2 7	1/2 8	1/2 9	1/2 7	1/2 8	1/2 9	1/2 7	1/2 8

Left over Oxycodone pills? Get rid of them!



Please get **unused opioids** out of your home. Find local dropbox here:

www.awarerx.pharmacy

Fact: 4 out of 5 heroin users started out misusing prescription painkillers.



For questions, please call 605-348-6818 or 1-800-658-4598. Available 24 hours.