

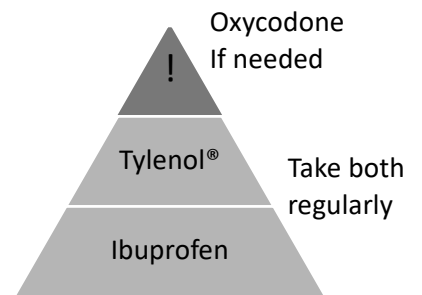


UC Irvine Hand Surgery Pain Management Protocol

To best control your pain, please take Tylenol and Ibuprofen every 6-8 hours.

Make sure to wait 1-2 hours between Tylenol and Ibuprofen

Oxycodone is to be used when pain is not adequately controlled by the schedule below:



WARNING Oxycodone

Side effects include:

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

If your pain is not relieved by the protocol shown at the left, consider taking at **any** time:

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

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

Other Instructions:

Ice extremity 3-4 times per day for 15 minutes each time

Elevate extremity to reduce swelling

Take medications with plenty of food and water

Tylenol®
(2 pills, 500 mg each)

wait 1-2 hours

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

wait 6-8 hours from last Tylenol

Tylenol®
(2 pills, 500 mg each)

wait 1-2 hours

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

Unused Oxycodone pills should be properly disposed of
Find a local dropbox at:
www.awarerx.pharmacy