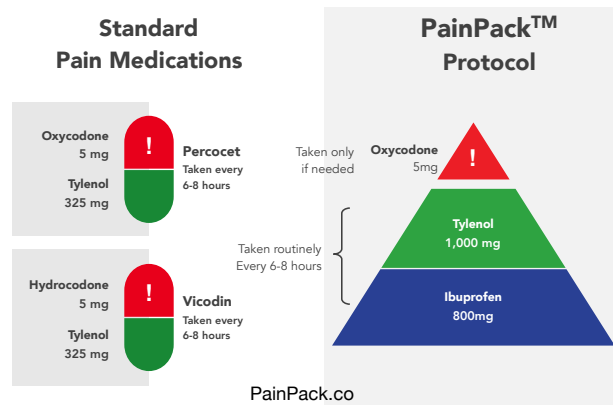


A NEW OPTION FOR ACUTE PAIN CONTROL

- Will you or a loved one be prescribed an opioid in the future? (Oral, Orthopaedic, or General Surgery, etc.)
- Ask if you are a candidate for the PainPack Protocol.



- This protocol maximizes non-opioid medication at prescription doses and allows for the opioid to be an *option* rather than an obligation.
- To best control your pain, take Tylenol 1000 mg and Ibuprofen 800 mg every 6-8 hours each day.
- Make sure to wait 1-2 hours between the Tylenol and Ibuprofen.
- The Oxycodone 5 mg (an opioid, aka “heroin in a pill”) is to be used only for pain that is not relieved by the Tylenol & Ibuprofen. (We recommend using the Oxycodone in 1/2 pill increments.)

PainPack.co - Used by 5 local ER's and docs around the USA

For ease, understanding, and safety, please print the following post-op/post-injury flowsheet and return it to your prescriber:

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:

Taking medications with food and drinking plenty of fluids is recommended. See next page for 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
(½-2 pills every
4-6 hours)

Recommended to start with ½ pill and only take more if needed.

DAYS 2 - 5

Continue to 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:

Tylenol®
(2 pills, 500 mg each)



Take every
6-8 hours
with food.

Wait 1 - 2 hours

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

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

(½-2 pills every 4-6 hours)

Recommended to start with ½ 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: ____				
1/8 1	1/8 2	1/8 3	1/8 1	1/8 2	1/8 3	1/8 1	1/8 2	1/8 3
1/8 4	1/8 5	1/8 6	1/8 4	1/8 5	1/8 6	1/8 4	1/8 5	1/8 6
1/8 7	1/8 8	1/8 9	1/8 7	1/8 8	1/8 9	1/8 7	1/8 8	1/8 9

Left over Oxycodone pills? Get rid of them!

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

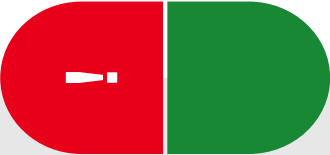
www.awarerx.pharmacy

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

Standard Pain Medications

Oxycodone
5 mg

Tylenol
325 mg



Percocet
Taken every
6-8 hours

Hydrocodone
5 mg

Tylenol
325 mg



Vicodin
Taken every
6-8 hours

PainPack™ Protocol

Oxycodone
5mg



Taken only
if needed

Tylenol
1,000 mg

Ibuprofen
800mg

Taken routinely
Every 6-8 hours

PainPack.co