

Pain Management

- Use your medications **as prescribed**.
- Take **ibuprofen and acetaminophen together** on a **regular, around-the-clock schedule**, even if you're not currently feeling pain:
 - **Ibuprofen** (e.g., Advil or Motrin): _____ mg every 6–8 hours
 - **Acetaminophen** (e.g., Tylenol): _____ mg every 8 hours
- This combination helps control pain and inflammation more effectively.
- You may also be prescribed a **muscle relaxer** (e.g., methocarbamol or cyclobenzaprine) to help with muscle tightness or spasms. Take this as directed, usually at night or as needed for discomfort.
- Do **not** exceed the daily limits:
 - **Ibuprofen:** Max _____ mg/day
 - **Acetaminophen:** Max 3,000 mg/day (unless otherwise instructed)
- If you were prescribed a narcotic (e.g., tramadol, or hydrocodone), use only **as needed** for breakthrough pain, and taper off as soon as possible.
- **Ice** your knee regularly (20 minutes every 2 hours while awake) to reduce pain