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)

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.

www.PainPack.co
**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)

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.

---

**DAY 2**

<table>
<thead>
<tr>
<th>Time Taken</th>
<th>Time Taken</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

**DAY 3**

<table>
<thead>
<tr>
<th>Time Taken</th>
<th>Time Taken</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

**DAY 4**

<table>
<thead>
<tr>
<th>Time Taken</th>
<th>Time Taken</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

**DAY 5**

<table>
<thead>
<tr>
<th>Time Taken</th>
<th>Time Taken</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

Please check Oxycodone used for each day.

Total Rx'd: ___ / Used: ___

---

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.

www.PainPack.co
PainPack™ Protocol

**Standard Pain Medications**

- **Percocet**
  - Taken every 6-8 hours
  - Oxycodone 5 mg
  - Tylenol 325 mg

- **Vicodin**
  - Taken every 6-8 hours
  - Hydrocodone 5 mg
  - Tylenol 325 mg

**PainPack.co**

- **Tylenol**
  - 1,000 mg
- **Ibuprofen**
  - 800 mg
- **Tylenol**
  - 325 mg
- **Oxycodone**
  - 5 mg
- **Hydrocodone**
  - 5 mg

- **Taken only if needed**
- **Taken routinely every 6-8 hours**