



Melissa R Kinder M.D. LLC

Hand and Reconstructive Surgery Northwest

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BASIC PAIN MANAGEMENT

Make sure that your bandages are not wrapped too tightly. You may carefully unwrap the top layer only (ACE bandage or coban) of your dressing and rewrap your injury. Your fingers should not be cold. If you gently squeeze your finger tip the color should return quickly.

Elevate your hand above your heart as much as possible.

Place ice wrapped in a towel on the affected area or just above the bandage for 15 minutes out of each hour. **Do not put ice directly on your skin.**

As long as you are not taking any other pain medications you may alternate ibuprofen (Advil) and acetaminophen (Tylenol) being careful not to exceed daily maximum dosages.

12:00 pm	3 tablets	Ibuprofen 200 mg each tablet	600mg total
3:00 pm	2 tablets	Acetaminophen 500mg each tablet	1000mg total
6:00 pm	3 tablets	Ibuprofen 200 mg each tablet	600mg total
9:00 pm	2 tablets	Acetaminophen 500mg each tablet	1000mg total
12:00 am	3 tablets	Ibuprofen 200 mg each tablet	600mg total
3:00 am	2 tablets	Acetaminophen 500mg each tablet	1000mg total
6:00 am	3 tablets	Ibuprofen 200 mg each tablet	600mg total
9L00 am	2 tablets	Acetaminophen 500mg each tablet	1000mg total

IBUPROFEN - DO NOT EXCEED 2400 MG IN 24 HOURS

ACETAMINOPHEN – DO NOT EXCEED 4000 MG IN 24 HOURS

If you are taking narcotic medications with acetaminophen (Tylenol) such as Norco or Percocet, do not take acetaminophen (Tylenol). You may alternate your narcotic medication every 3 hours with ibuprofen.

If these steps do not relieve your pain call the office/answering service to speak with Dr. Kinder
503-498-8190