

TREATING YOUR PAIN AT HOME

SEVERE PAIN

ARE YOU

Unable or need lots of help with activities like going to the bathroom or bathing?

Having lots of trouble eating or drinking?

Feeling severe pain?

USE

BOTH Tylenol© (acetaminophen) AND Advil© or Motrin© (ibuprofen) every 6 hours while awake

Take prescribed pain medicine as told by your doctor

Call your doctor as instructed in your discharge papers

MODERATE PAIN

ARE YOU

Able to do some normal activities with help?

Able to eat and/or drink some?

Feeling medium pain?

USE

BOTH Tylenol© (acetaminophen) AND Advil© or Motrin© (ibuprofen) every 6 hours while awake

ALSO TRY

Putting ice on the area of pain

Lifting (or raising) the area above the heart

Taking your mind off of the pain by watching TV, reading, or playing a game

MILD PAIN

ARE YOU

Able to do most daily activities like sleeping and getting to the bathroom?

Able to eat and/or drink?

Feeling mild pain?

USE

Tylenol©(acetaminophen) AND/OR Advil© or Motrin© (ibuprofen) AS NEEDED

ALSO TRY

Putting ice on the area of pain

Lifting (or raising) the area above the heart

Taking your mind off of the pain by watching TV, reading, or playing a game