For your acute pain patients

Create a Multimodal Pain Management Plan

Why? Because a multimodal plan that includes acetaminophen and NSAIDs can provide effective pain relief and help reduce your patients’ need for opioids.¹ Here’s how to get started.

Ask your patients about their pain management preferences.

Why? Because ~80% of patients would prefer a non-opioid option to manage postoperative pain but less than 25% discuss options with their doctor or nurse practitioner.²

Encourage the patient to be an active participant

• Voice concerns about medications (e.g., opioid side effects)
• Speak up when experiencing pain
• Make and track recovery goals

Consider and discuss the efficacy of OTCs in multimodal analgesia.

Why? Because American Pain Society guidelines strongly recommend acetaminophen and NSAIDs as part of multimodal analgesia based on high-quality evidence in the management of postoperative pain.¹

Explain multimodal pain management and the role of acetaminophen and/or NSAIDs¹

• Includes multiple medications and techniques (e.g., opioid, non-opioid, topical, nonpharmacologic)
• Targets different mechanisms in the central and/or peripheral nervous system
• Helps reduce or even eliminate the need for opioids
• Can provide more effective pain relief vs single-modality plans

Personalize your patients’ pain management plan.

Why? Because American Pain Society guidelines strongly recommend providing a patient- and family-centered, individually tailored plan.¹

Create a plan before surgery and adjust postoperatively¹

• Identify the patient’s recovery goals (e.g., work, exercise, hobbies)
• Gauge interest in nonpharmacologic therapies (e.g., stress reduction, acupuncture)
• Document the plan and goals for postoperative pain management
• Use a validated pain assessment tool to track response; adjust plan accordingly

See back

*Based on a 2016, 500-person survey in patients who had orthopedic surgery.


Support your patients with dosage charts for OTC analgesics and other safety resources at GetReliefResponsiblyProfessional.com
**Encourage Patient Participation**

Help patients be active participants in their own recovery with this easy-to-use checklist. Includes personal goal setting to identify regular activities, treatment concerns, such as opioid side effects, current medications, including OTC pain relievers, and dosage charts. GetReliefResponsiblyProfessional.com/patient-education

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**Counsel on proper dosing for your recommended OTC analgesic**

**OTC pain relievers dosage chart** for adults and children 12 years and older

### Acetaminophen

<table>
<thead>
<tr>
<th>AMOUNT</th>
<th>DOSE &amp; FREQUENCY</th>
<th>DAILY LIMIT</th>
</tr>
</thead>
</table>
| Acetaminophen regular strength
for example
*Tylenol*® Regular Strength | 325 mg per pill 2 pills every 4 to 6 hours while symptoms last | Do not take more than 10 pills in 24 hours, unless directed by a doctor |
| Acetaminophen extra strength
for example
*Tylenol*® Extra Strength | 500 mg per pill 2 pills every 6 hours while symptoms last | Do not take more than 6 pills in 24 hours, unless directed by a doctor |
| Acetaminophen extended release
for example
*Tylenol*® 8HR Arthritis Pain | 650 mg per pill 2 pills every 8 hours | Do not take more than 6 pills in 24 hours |

### NSAIDs: nonsteroidal anti-inflammatory drugs

<table>
<thead>
<tr>
<th>AMOUNT</th>
<th>DOSE &amp; FREQUENCY</th>
<th>DAILY LIMIT</th>
</tr>
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</table>
| Ibuprofen
for example
*Motrin*® IB and Advil® | 200 mg per pill 1 pill every 4 to 6 hours while symptoms last (if pain or fever does not respond to 1 pill, 2 pills may be used) | Do not take more than 6 pills in 24 hours, unless directed by a doctor |
| Naproxen sodium
for example
*Aleve*® | 220 mg per pill 1 pill every 8 to 12 hours while symptoms last (for the first dose, you may take 2 pills within the first hour) | Do not take more than 2 pills in any 8 to 12 hour period. Do not take more than 3 pills in 24 hours |
| Aspirin regular strength
for example
*Bayer*® Regular Strength | 325 mg per pill 1 or 2 pills every 4 hours, or 3 pills every 6 hours | Do not take more than 12 pills in 24 hours |
| Aspirin extra strength
for example
*Bayer*® Extra Strength | 500 mg per pill 1 or 2 pills every 4 to 6 hours | Do not take more than 8 pills in 24 hours |

**Ibuprofen dosage daily limit is 1,200 mg**

For your safety, do not take more than this amount in 24 hours

**Naproxen sodium dosage daily limit is 660 mg**

For your safety, do not take more than this amount in 24 hours

**Aspirin dosage daily limit is 4,000 mg**

For your safety, do not take more than this amount in 24 hours

**Acetaminophen dosage daily limit is 4,000 mg**

For your safety, do not take more than this amount in 24 hours

Some acetaminophen labels specify a 3,000 mg per day limit. Do not exceed the daily limit on the label. Consult your healthcare professional if you have questions.

It is important to always read and follow the label. If you have any questions, ask your healthcare professional which product may be right for you.

**Reminders for your patients**

- Take **ONLY 1** medicine that contains the same kind of active ingredient (acetaminophen or NSAID) at a time
- **Do not exceed the dose** on the label directions
- For NSAIDs, take the **smallest effective dose**—and take it for the **shortest amount of time** needed

**Why?**

- If you take more than 1 medicine with the same kind of active ingredient at a time, it can increase your chance of harmful side effects
- Taking more than directed does NOT equal faster relief. It can also lead to harmful side effects

Get Relief Responsibly®
Professional Resource Center

Support your patients with dosage charts for OTC analgesics and other safety resources at GetReliefResponsiblyProfessional.com

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