



NEW HAMPSHIRE KNEE CENTER

AT

THE ALPINE CLINIC



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PATIENT MEDICATION SCHEDULE

Some over-the-counter “anti-inflammatory” alternatives that will give you the same dosages as a prescription medication are:

- ◆ 2 Aleve tablets w/Breakfast
- ◆ 2 Aleve tablets w/Supper

OR

- ◆ 3-4 Advil w/Breakfast
- ◆ 3-4 Advil w/Lunch
- ◆ 3-4 Advil w/Supper

FOR SEVERE PAIN IT IS SAFE TO COMBINE:

- ◆ 3-4 Advil and 2 Tylenol 3X/Day (i.e. with meals)

OR

- ◆ 2 Aleve and 2 Tylenol w/Breakfast
- ◆ 2 Tylenol w/Lunch
- ◆ 2 Aleve and 2 Tylenol w/Supper

REMEMBER: Medicine is an adjunct to your **EXERCISE, ICE,** and other therapies. If there is stomach upset or any other side effects that bother you, etc. **DISCONTINUE USE IMMEDIATELY** and contact the office. If you have previous ulcer problems, tell us before starting these medications. You should **NOT** take any other anti-inflammatory medicines, including aspirin at the same time. To build up the drug level to its effective peak, **DO NOT SKIP A DOSE** of the prescribed medicine. A course of Anti-inflammatory medicine usually lasts about 7-10 days. If there has been no effect by then, it is usually discontinued.