



Cascade Orthopaedic Group
Sports Medicine, Joint Replacement, Fracture Care and Hand Surgery

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OVER THE COUNTER PAIN RELIEF OR ANTI INFLAMMATORY MEDICINE

Acetaminophen or (Tylenol) 325 MG

1-2 tablets three to four times per day

Ibuprofen (Advil, Motrin) 200 MG

1-4 tablets twice daily

OR

Naprosyn (Aleve) 220 MG

1-2 tablets twice daily

These dosages are the recommended daily maximums in a healthy individual. Please consult your Primary Care Physician should you have any questions about your own ability to take any of the above listed anti-inflammatory or pain relief medications.