



New England Hernia Center

Individualizing Hernia Care

Postoperative Pain Management Suggestions

Take acetaminophen (Tylenol) and either ibuprofen (Motrin/Advil) or naproxen (Aleve) as your primary pain medication unless there is any reason you cannot take these medications. Your start/stop times may vary. The number of days you will need for pain medication is highly variable among individuals. The duration of any of these options will depend on your pain level and/or tolerance to the medication. Use the narcotics for breakthrough pain only, and make sure not to take more than 4000mg of Tylenol daily. Contact us with any questions or concerns.

Option 1 (You will be taking medication every 3 hours)

1000mg acetaminophen every 6 hours alternating with 600mg ibuprofen taken every six hours while awake. You can start with either medication.

8am – 1000mg acetaminophen

11am – 600mg of ibuprofen

2pm – 1000mg acetaminophen

5pm – 1000mg acetaminophen

8pm – 600mg of ibuprofen

11pm – 1000mg acetaminophen

Option 2 (You will be taking medication every 6 hours)

1000mg acetaminophen with 600mg ibuprofen every 6 hours while awake.

Example:

8am – 1000mg acetaminophen/600mg of ibuprofen

2pm – 1000mg acetaminophen/600mg of ibuprofen

8pm – 1000mg acetaminophen/600mg of ibuprofen

Option 3 (You will be taking medication every 6 hours)

8am – 400mg of naproxen/1000mg acetaminophen

2pm – 1000mg acetaminophen

8pm – 400mg of naproxen/1000mg acetaminophen