

**Juergen Langenbach DMD, APDC
15725 Pomerado Road #104
Poway, CA. 92064
858-451-3110**

Pain Management Regime:

Please start to take your pain medication as soon as possible.

Start with **600 mg** (3x200mg OTC over-the-counter) **Ibuprofen** (Motrin, Advil, etc) and
At the same time use **1000mg** (2x500mg) **Tylenol** with water or coffee for more rapid
onset.

Continue with 600mg Ibuprofen every 6-8 hours for 5-10 days.
Augment with 1-2 500mg Tylenol every 4-6 hours as you need it to control pain.

Call me if you need more info or the pain is not controllable. This TX will give you the
pain relief like a narcotic without the side effects.

Lynne D. Thomas, D.D.S., M.A.G.D.
Juergen Langenbach, D.M.D., M.A.G.D.
Masters of the Academy of General Dentistry