

Over-the-Counter Treatments

_____ **Aleve** (naproxen sodium): 220mg- Take 2 tablets 2 times per day with food.

_____ **Advil** (ibuprofen): 200mg- Take 3-4 tablets 3 times per day with food.

_____ **Tylenol** (Acetaminophen): 500mg – Take 2 tablets every 6 hours prn for pain.

*** Do not take Aleve and Advil together. Choose one or the other. If you develop GI upset, stop taking.

_____ **Vitamin E** capsules or oil: (If using the capsules, cut open one capsule and use the gel from the inside). **Massage your scar firmly with vitamin E for 5 minutes, twice per day.**

_____ Avoid foods that may increase inflammation. These include: Sugar, Gluten (wheat products), and Dairy.