

# Pain is personal. Find what works for you.

Experts say it's a good idea to fight pain with more than one method at a time. Try **TYLENOL®**, a pain reliever that is safe and effective when used as directed. You can also consider some of these other ideas. Talk to your doctor if you have any questions or concerns.



## For back pain:

- Ice it for the first 48 hours, 5 to 10 minutes at a time
- Use a heating pad or take a hot shower after 48 hours
- Ask your healthcare professional about yoga, physical therapy, or massage therapy



## For muscle aches, strains, and sprains:

- RICE: rest, ice, compress (wrap the hurt muscle or joint), and elevate (raise the body part)
- Stretch
- Ask your doctor about using a pain-relieving cream or patch (such as **BENGAY®**)



## For headache:

- Take a hot shower or bath; put a heating pad on your head and neck muscles
- Put an ice pack or cool wash cloth on your forehead
- Gently rub your temples, scalp, neck, and shoulders
- Relax: breathe deeply, meditate, or tense and release each muscle group starting at the feet and moving up to the face
- Take a walk



## For osteoarthritis:




- Lose extra weight: losing just 1 pound takes 4 pounds of pressure off knees
- Stay active—find an exercise activity you enjoy
- Ask your doctor about using a pain-relieving cream or patch (such as **BENGAY®**)
- Protect your joints: take breaks from standing, avoid high heels, shift sitting position every 15 minutes, lift with the legs, stand with feet hip-width apart, and avoid sudden hard exercise

**Pain can affect you emotionally**

People living with pain often have depression and anxiety. Talk with your doctor about all the ways pain is impacting your quality of life.

## Find the **TYLENOL®** product that can work for your pain and your life

### Dosage for adults

PRODUCT	DOSE + FREQUENCY*	DAILY LIMIT
 <p>Regular Strength <b>TYLENOL® Regular Strength Tablets</b> Active ingredient: acetaminophen 325 mg (in each tablet) Use product only as directed.</p>	2 tablets every 4 to 6 hours while symptoms last	Do not take more than 10 tablets in 24 hours, unless directed by a doctor Total labeled daily dose: 3250 mg
 <p>Extra Strength <b>TYLENOL® Extra Strength Caplets</b> <b>TYLENOL® Rapid Release Gels</b> Active ingredient: acetaminophen 500 mg (in each caplet) Use products only as directed.</p>	2 caplets or gelcaps every 6 hours while symptoms last	Do not take more than 6 caplets or gelcaps in 24 hours, unless directed by a doctor Total labeled daily dose: 3000 mg
 <p>Extended Release <b>TYLENOL® 8HR Arthritis Pain Caplets</b> <b>TYLENOL® 8HR Muscle Aches &amp; Pain Caplets</b> Active ingredient: acetaminophen 650 mg (in each caplet) Use products only as directed.</p>	2 bi-layer caplets every 8 hours with water	Do not take more than 6 bi-layer caplets in 24 hours Total labeled daily dose: 3900 mg

### IMPORTANT INSTRUCTIONS FOR PROPER USE:

Read and follow the label on all **TYLENOL®** products.  
Do NOT use with any other product containing acetaminophen.

For more ideas, visit the **Symptoms + Treatments** section at [Tylenol.com](https://www.tylenol.com)

\*Consult **TYLENOL®** Regular Strength tablet packaging for dosing children under 12 years. The third party trademarks used herein are trademarks of their respective owners.