

Acetaminophen & Ibuprofen Postpartum Dosing

*note - Do not take Ibuprofen while pregnant, only postpartum

Tylenol (Acetaminophen)

Max dose in 24hrs/4000mg

Advil (Ibuprofen)

Max dose in 24hrs/2400mg

Take both medications every 6hrs:

1000mg Tylenol & 600mg Advil every 6hrs

Example: 9am, 3pm, 9pm, 3am

OR take one medication every 3 hrs:

Take 1000mg Tylenol

3hrs later take 600mg Advil

Continue with this pattern.

Example: 9am, noon, 3pm, 6pm, 9pm, midnight, 3am, 6am

Keep in mind, these are max doses and you may get pain relief from taking 500mg Tylenol and 200-400mg Advil at a time.