

Procedure Date: _____

MEDICATION AND PAIN LOG

		Date: _____	_____	_____	_____	_____	_____	_____
Breakfast	Pain Level 0-10:
	Pain Med:
	Anti-Inflamm.
Lunch	Pain Level 0-10:
	Pain Med:
	Anti-Inflamm.
Dinner	Pain Level 0-10:
	Pain Med:
	Anti-Inflamm.
Bedtime	Pain Level 0-10:
	Pain Med:
	Anti-Inflamm.

To better control your pain, please keep track of pain level and type of pain medication taken. Remember to take the Naproxyn four times a day around the clock for 5-7 days regardless of pain level.

Pain Med: Percocet or Vicodin Anti-Inflammatory: Naproxyn

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