



*Central Jersey Sports Medicine & Orthopaedic Center, P.C.  
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## **ANTI-INFLAMMATORY MEDICATION**

### INSTRUCTIONS:

Take the Medrol Dose Pack medication first over the next six days. **DO NOT** take the anti-inflammatory medication Relafen, Indocin, Celebrex, Mobic, Motrin, Naprosyn, etc., at the same time. When the Medrol is completed, then start the anti-inflammatory medication and continue for the next week. After taking the anti-inflammatory for one week consistently, only take it as needed for pain thereafter.