I take Tylenol every day for a headache. Is this safe?

June 18, 2018 By Lucinda K. Porter RN

Maybe not. Tylenol, which is acetaminophen, can cause liver injury. It depends on how much you are taking, if you have liver disease, and if you drink alcohol. If you have no liver disease and don't drink, the total labeled daily dose for a healthy adult is 3,250 mg, spaced over 24 hours. Your doctor may prescribe as much as 4,000 mg in divided doses. If you take other medicines that have acetaminophen in it, such as sleep or allergy remedies, be sure to include those amounts when figuring the total Tylenol dose.

The other issue is the daily headache. First, persistent headaches need medical attention. Second, you may be having a persistent headache because of the Tylenol. Pain relievers such as aspirin and Tylenol may help in the beginning, but over time can cause a condition known as a rebound headache.

June is Migraine and Headache Awareness Month. Find out more about headaches here. For more about safe use of acetaminophen, there is good information in the Over-the-Counter Remedies and Hepatitis C section at Hep.

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