

POST-OP PAIN MANAGEMENT

MEDICATION FOR PAIN

Immediately after surgery, we prescribe the following narcotics for pain:

- **Oxycodone 5mg**
Instructions: Take 1-2 pills every 4-6 hours as needed for pain. Do not exceed 8 tablets per day.
Side Effects: constipation, nausea, drowsiness, dry mouth, itchiness.
- **Gabapentin 300mg**
Instructions: Take ONE capsule (300 mg total) by mouth 2 (two) times a day for 14 days.
Side Effects: constipation, nausea, drowsiness, dry mouth, itchiness.
- **Aspirin 81mg**
Instructions: Take ONE tablet (81 mg total) by mouth daily for 30 days.

For questions with other medications or for re-fills, please contact the office. Abrupt discontinuation after extended use may cause withdrawal symptoms. After 1-2 weeks, you should only be taking the pain medication at night. To wean off the narcotics, supplement with regular strength 325mg or extra strength 500mg **Tylenol (Acetaminophen)**. Be aware, the narcotics also contain Tylenol. **DO NOT EXCEED 3000 MG OF TYLENOL PER DAY.**

You may also be prescribed **Anti-inflammatories (Ibuprofen/Motrin/Advil, Aleve/Naprosyn, Mobic/Meloxicam)**. Avoid these medications the first 3 months after surgery as they disrupt the healing process, note the following exceptions:

- May use sparingly for the first week for breakthrough pain.
- May use following knee scope, ACL/meniscus, shoulder SAD, shoulder AC resection surgery.

OTHER MEDICATIONS TO MANAGE SIDE EFFECTS

The following medications may be taken AS NEEDED while taking the narcotics.

- **Zofran (Ondansetron) 4 mg**
Indication: nausea.
Instructions: Take 1 pill AS NEEDED every 8 hours, do not exceed 3 pills in 24 hours
- **Colace (Docusate) 100 mg**
Indication: constipation, stool softener.
Instructions: Take 1 pill three times per day while you are taking narcotics.
- **Senokot (Senna) 8.6 mg**
Indication: constipation, stool laxative.
Instructions: Take 2 pills at bedtime AS NEEDED. Increase to 2 pills twice daily if no bowel movement by post-op day three.

ICE/GAME READY

Cryotherapy is beneficial in reducing pain and swelling in addition to dependency on narcotics. You should elevate the extremity and ice 5x/day (20 mins on/60 mins off). We strongly recommend use of a **Game Ready** cooling compression unit. Please contact our office for more information.