

POST-OP PAIN MANAGEMENT

MEDICATION FOR PAIN

Immediately after surgery, we typically give one of the following narcotics to alleviate the pain:

- **Percocet (5 mg oxycodone + 325 mg Acetaminophen)**
 - 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
- **Norco/Vicodin (5 mg hydrocodone + 325/300 mg Acetaminophen)**
 - 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
- For other medications, please contact the office with questions regarding correct usage and common side effects.
- For re-fills, please contact the office. Allow 1-2 business days.

You should start to wean off the narcotic pain medication as soon as you feel comfortable. It is important to wean off the medication, as abrupt discontinuation after extended use may cause withdrawal symptoms. Depending on your surgery, after 1-2 weeks, you should only be taking the pain medication at night and after strenuous activity. 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.

Anti-inflammatories (Ibuprofen/Motrin/Advil, Aleve/Naprosyn, Mobic/Meloxicam)

- Avoid these medications the first 6 weeks 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, partial meniscectomy, shoulder SAD, shoulder AC resection
- After 6 weeks, you may use these medications as needed unless otherwise indicated

OTHER MEDICATIONS TO MANAGE SIDE EFFECTS

As mentioned above, the narcotics may cause nausea and constipation. The following medications may be taken AS NEEDED while taking the narcotics.

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

CRYOTHERAPY

Use of cryotherapy or ice is very beneficial in reducing your pain in addition to decreasing the amount of swelling that can occur after surgery. You should elevate the extremity and ice, cycle 20 mins on and 20 minutes off. If you are using a cryocuff device you can use it for up to 1-2 hours at a time.