

Instructions for postoperative medication

These medications help control pain, prevent complications, and support healing after surgery

****These are general medicines. Some patients may need alternative medications or doses****

Pain control

- **Tylenol (Paracetamol)** - Take 500 mg pills – 2 pills every 8 hours
 - Take it regularly, not just when needed
- **Celebrex (Celecoxib)** - Take 200 mg once daily every 7 days. Then, 1 pill daily
 - Alternative (if you're allergic to sulfas): **Meloxicam** 15 mg once daily
 - If you're already taking an NSAID, we'll simply resume your current medication
 - Important: DO NOT take Celebrex or Meloxicam if you have kidney problems
- **Journavx (Suzetrigine)** - Non-Opioid Pain Medication
 - Take 1 dose of 100 mg the night before surgery
 - Take 50 mg twice daily after the first dose
- **Gabapentin** – Take a 300 mg pill before bed. *May cause drowsiness*

Breakthrough pain medication

- **Oxycodone 5 mg** - Take 1 tablet every 4 hours as needed for pain
 - If the pain is still severe (6–10) after 30 minutes: you can take 1 additional tablet (5 mg)
 - **Important:** DO NOT take any more medication until at least 4 hours after the last dose
 - ****This is a controlled substance, and refills are limited by law****
 - If you need a refill, call our office the day before you run out.
 - If you need more over the weekend, call on Friday morning.
 - Don't wait until Friday afternoon or over the weekend to ask for a replacement.

Blood Clot Prevention

- **Aspirin 81 mg:** Take twice a day for 28 days and then once a day for 14 days. 42 days total
- Note: You may be prescribed an alternative if you're at high risk or are already taking a blood thinner

Stomach Support and Side Effects

- **Colace (Docusate) 100 mg** - Take 1 tablet twice daily
 - Continue while taking narcotic pain medicine. Helps prevent constipation
- **Zofran (Ondansetron) 4 mg ODT** - Dissolves 1 tablet under the tongue every 8 hours as needed
 - Use for nausea or vomiting
- **Omeprazole 20mg** - Daily while taking NSAIDs
- **Dexamethasone 4 mg** – twice daily for 4 days
 - ***Control blood glucose if you're diabetic***
- **Tranexemic acid 650mg** – 2 tablets daily x 14 days

Antibiotic

- **Cefadroxil 500 mg** - Take twice daily for 7 days
- This may not be prescribed for all patients

Recommended Supplements (Over-the-Counter)

- **Vitamin D3 + K2:** 5,000 IU daily
- **Calcium carbonate:** 1,200 mg daily

Resume your usual medications

- Restart your normal medications after surgery, unless your doctor tells you otherwise

