

MEDICATIONS AFTER SURGERY

- **Tylenol Extra Strength** 1000mg every 8 hours by mouth (#120 pills, 1 refill)
 - o This is over the counter and is your first line medication for pain control. This should be taken around the clock every 8 hours for at least the first 2 weeks to help with pain control. Do not exceed more than 3000mg of Tylenol in a 24-hour period.
- **Celebrex** 100mg twice a day by mouth (#120 pills, 2 refill)
 - o This should be taken as well in combination with Tylenol for pain control for 4 weeks. Celebrex is a prescribed strong anti-inflammatory that will help with pain. If pain is not controlled you may double the dosage to 2 pills, 200mg twice per day. The maximum daily dosage is 400mg in a 24-hour period.
- **Tramadol** 50mg every 6 hours by mouth as needed for pain (#30 pills)
 - o This is your second line pain medication and should be taken as needed for moderate to severe pain. If needed you may increase the dosage to 100mg every 4-6 hours for added pain control. Maximum dosage in 24 hours is 400mg.
- **Oxycodone** 5mg every 4-6 hours by mouth as needed for pain (#30 pills)
 - o This is prescribed for severe breakthrough pain. You can take 1 tablet for moderate pain or 2 tablets for severe pain every 6 hours as needed. Do not take more than 8 tablets in a 24hour period.
- **Aspirin** 81mg twice daily by mouth for 4 weeks (#60 pills)
 - o This is to prevent blood clots. Start taking aspirin in the evening after surgery.
- **Colace** 100mg twice daily by mouth daily as needed for constipation (#28 pills)
 - o This is an over-the-counter medication and will help to prevent constipation.
- **Keflex/Cefalexin** 500mg four times a day for five days (#20 pills)
 - o This is for infection prevention and should be taken starting when you get home from surgery.
- **Zofran/Ondansetron** 4mg by mouth every 6-8 hours as needed (#20 pills)
 - o This is to prevent nausea and vomiting.
- ***Any allergy or intolerance to one of the above medications may alter your prescription profile slightly.**

PREOP MEDICATIONS/SCRIPTS

- **Journavx/Suzetrigine** – 100mg by mouth (two 50mg tablets) 2 hours before surgery, then take 50mg (1 tablet) every 12 hours non-opioid, pain blocker for 3 days (#7 pills)
- **Hibiclens** - Preoperative scrub to clean the operative area 3 days prior to surgery as well as the morning of surgery.
- **Miralax** - Take one dose which is 1 heaping tablespoon of Miralax daily starting 3 days before surgery, this will regulate their bowel, if you have a history of loose stools or diarrhea you may decrease the dosage of Miralax.
- **Mupirocin** - 22g 2% ointment apply to both nostrils with a q tip twice a day starting 5 days before surgery, this will prevent bacteria from your nose causing an infection.

OPTIONAL SLEEP AID MEDICATION

- **Diphenhydramine (Benadryl)** - If you have trouble sleeping over the counter Diphenhydramine sleep aid 25mg by mouth before bed can be used. This can be increased to 50mg if you still have trouble sleeping.

Joint Replacement Medication Schedule Example

Please refer to the **MEDICATIONS** handout for an explanation of each medication.

Tylenol, anti-inflammatories, icing, and elevation are **ESSENTIALS** for pain control. These should not be stopped before your 4-week visit unless you have been instructed otherwise. Narcotic medications will not control your pain unless you are routinely taking Tylenol, an anti-inflammatory, icing, and elevating.

	Wake	Breakfast	11am	3pm	Dinner	Bedtime
Tylenol 1000mg	1 tab			1 tab		1 tab
Celebrex 100mg		1 or 2 tab			1 or 2 tab	
Tramadol 50mg	1 tab		1 tab	1 tab		1 tab
*Oxycodone 5mg		*1 tab			*1 tab	
*Journavx 50mg		1 tab			1 tab	
Aspirin 81mg		1 tab			1 tab	
Keflex/Cefalexin 500mg	1 tab		1 tab	1tab		1 tab
Colace 100mg		1 tab			1 tab	
*Zofran 4mg	*1 tab			*1 tab		*1 tab

*** Journavx / Suzetrigine – 100mg loading dose (2 tablets) 2 hours before surgery

*** Ice therapy for 20 minutes every hour ***

*** Celebrex 100mg twice a day should be doubled early if pain is not controlled ***

*** **Tramadol is taken as needed for moderate pain** ***

*** **Oxycodone is taken as needed for severe pain not otherwise controlled** ***

*** Zofran is taken as needed for nausea and vomiting ***

Medication Schedule Example – Weeks 4-6				
	Breakfast	Lunch	Dinner	Night
Aspirin 81mg	1 tab		1 tab	
Celebrex 100mg	1 or 2 tab		1 or 2 tab	

*** Ice therapy for 20 minutes every 1-2 hours***

*****Tylenol and Tramadol are taken as needed for mild to moderate pain*****

Other Helpful Medications	
Colace 2-in-1 Senna-S 50-8.6mg MiraLAX	For <u>constipation</u> . If you are not constipated, you do not need. For patients who suffer from <u>chronic constipation</u> , you should continue your stool softener until the day of surgery.
Diphenhydramine 25mg	For <u>difficult with sleep</u> . If you are having trouble with sleep, I recommend sleeping on your side with a pillow between your legs or on your back with pillows underneath the ankle to help elevate the limb. This over-the-counter medication can help with sleep post op. This medication can be increased to 50mg if 25mg does not work.