



Post-Operative Pain Medication Recommendations

You have received prescription post-operative narcotic/pain medication.

Please follow the guidelines below for safe and effective administration.

Medications:

- Take 1-2 pills of the prescription that was prescribed to you every 4-6 hours as needed for pain
- In addition there are over the counter (OTC) medications you may take to help reduce pain and swelling:
 - These medications are safe to take in conjunction with your prescription pain medication
 - Ibuprofen (Motrin, Advil): _____ every 8 hours as needed
 - Next Dose: _____
 - Acetaminophen (Tylenol): _____ every 4-6 hours as needed
 - Next Dose: _____

Types of Narcotic Pain Medications We Prescribe:

- Oxycodone 5mg (aka Roxicodone) – when this is prescribed, patients may take 1-2 tablets every 4-6 hours for pain control
- Hydrocodone/Acetaminophen 5mg/325mg (aka Norco and Vicodin) – when this is prescribed, patients may take 1-2 tablets every 4-6 hours as needed for pain control
 - THIS MEDICATION CONTAINS ACETAMINOPHEN (TYLENOL) – extra doses of acetaminophen (Tylenol) cannot be given when this medication is being used due to risk of acetaminophen toxicity (overdose)
- Hydrocodone/Acetaminophen 7.5mg/325mg/15mL solution (aka Hycet) – when this is prescribed, patients may take 5-10mLs every 4-6 hours as needed for pain control
 - THIS MEDICATION CONTAINS ACETAMINOPHEN (TYLENOL) – extra doses of acetaminophen (Tylenol) cannot be given when this medication is being used due to risk of acetaminophen toxicity (overdose)



Valium:

- Valium (2mg dose; 1-2 tabs every 8 hours as needed for spasm; alternatively 5 mg dose; 1 tab every 8 hours as needed for spasm) – when this is prescribed, this can be taken in conjunction with the narcotic pain medication but should be staggered in regards to timing as both medications can be sedating.

Nonsteroidal Anti-Inflammatory Drugs (NSAIDs):

- Ibuprofen (aka Motrin or Advil) – this medication can be given with food three times a day (every 8 hours) beginning after surgery.
 - Dosing can vary based on age and patient weight. By and large doses of 400 – 600mg (2-3 tablets of over the counter ibuprofen) are safe for most patients
 - Take with food to reduce risk of stomachache
 - Patients with underlying kidney disease should avoid this medication

Over the Counter (OTC) Pain relievers:

- Acetaminophen (aka Tylenol) – this medication can be used only when taking a narcotic pain medication that does not already have Tylenol. In most cases, Tylenol can only be used as a post-operative pain reliever when prescribed oxycodone by your provider, or when the other Tylenol containing narcotic pain medication (Norco, Vicodin, Hycet) are no longer being used.
 - Follow the instructions on the bottle - most dosing can be every 4-6 hours
 - DO NOT EXCEED 4 grams of Tylenol in a single 24 hour period

