



# POST OPERATIVE MEDICATION

Don't expect your surgery to be painful! We use nerve blocks and local anesthetic to prevent most post operative pain. After surgery, it is important that you take non-narcotic pain medication on a regular schedule to maintain your comfort. A little soreness is normal after surgery, but you should be able to rest comfortably, take deep breaths, and do light activity without significant pain. Follow the schedule below for best results.

## **Acetaminophen (Tylenol)**

Acetaminophen is a pain medication.  
DO NOT EXCEED 3000mg PER DAY

## **Ibuprofen (Motrin or Advil)**

Ibuprofen is an anti-inflammatory pain medication.  
DO NOT EXCEED 3200mg PER DAY

Take these medications around the clock for the first two days after surgery. Then, reduce the frequency or dose to fit your needs.

## **Tramadol (Ultram)**

Tramadol is a narcotic pain medication used for severe pain.  
Take with Ondansetron/Zofran to prevent nausea.  
DO NOT EXCEED 400mg PER DAY

## **Ondansetron (Zofran)**

Ondansetron is an anti-nausea medication.  
DO NOT EXCEED 24mg PER DAY

These medications are optional. Take only as needed for severe pain and/or nausea.

## **Cephalexin (Keflex)**

Cephalexin is an antibiotic. Take as prescribed.

Take this medication daily until prescription is complete and/or your drains are removed.

### **TIME**

### **MEDICATION**

00:00

Tylenol 325mg, 2 tablets

03:00

Advil 200mg, 2 tablets  
Tramadol 50mg 1/2-1 tablet (optional-take only if you have severe pain)  
Zofran 4mg 1 tablet (optional-take with Tramadol or alone if you only have nausea)

06:00

Tylenol 325mg, 2 tablets  
Keflex 500mg, 1 tablet

09:00

Advil 200mg, 2 tablets  
Tramadol 50mg 1/2-1 tablet (optional-take only if you have severe pain)  
Zofran 4mg 1 tablet (optional-take with Tramadol or alone if you only have nausea)

12:00

Tylenol 325mg, 2 tablets

15:00

Advil 200mg, 2 tablets  
Tramadol 50mg 1/2-1 tablet (optional-take only if you have severe pain)  
Zofran 4mg 1 tablet (optional-take with Tramadol or alone if you only have nausea)

18:00

Tylenol 325mg, 2 tablets  
Keflex 500mg, 1 tablet

21:00

Advil 200mg, 2 tablets  
Tramadol 50mg 1/2-1 tablet (optional-take only if you have severe pain)  
Zofran 4mg 1 tablet (optional-take with Tramadol or alone if you only have nausea)

