

Post Operative Medication

South Bay Plastic Surgeons | Torrance, CA

Don't expect your surgery to be painful! We use nerve blocks and local anesthetic to prevent most postoperative 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 suggested schedule for best results.

Cephalexin (Keflex)

Cephalexin is an antibiotic.

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

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

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

Optional Medications. Take if you have maxxed out the Ibuprofen and Tylenol and still have pain.

Tramadol (Ultram)

Tramadol is a narcotic pain medication for severe pain.

Take with Ondansetron/Zofran to prevent nausea.

DO NOT EXCEED 400mg PER DAY

OPTIONAL - Take only if Advil/Tylenol are not sufficient.

Ondansetron (Zofran)

Ondansetron is an anti-nausea medication.

DO NOT EXCEED 24mg PER DAY

Medication Schedule				
Time	Medication	Rec Dose	Actual Dose	Notes
1:30am	Advil	400mg-800mg		
2:30am				
3:30am				
4:30am	Tylenol	325mg-1000mg		
	Tramadol	25-50mg		
	Zofran	4-8mg		
5:30am				
6:30am				
7:30am	Advil	400-800mg		
	Keflex	500mg		
8:30am				
9:30am				
10:30am	Tylenol	325mg-1000mg		
	Tramadol	25-50mg		
	Zofran	4-8mg		
11:30am				
12:30pm				
1:30pm	Advil	400-800mg		
2:30pm				
3:30pm				
4:30pm	Tylenol	325-1000mg		
	Tramadol	25-50mg		
	Zofran	4-8mg		
5:30pm				
6:30pm				
7:30pm	Advil	400-800mg		
	Keflex	500mg		
8:30pm				
9:30				
10:30pm	Tylenol			
	Tramadol	25-50mg		
	Zofran	4-8mg		
11:30pm				
12:30am				

Take Advil and Tylenol as scheduled above for 48h, then as needed
 Take Tramadol only as needed for breakthrough pain
 Take Zofran only as needed for nausea
 Start taking medication at the time closest to your arrival home
 Blue means that they are optional