

Post- Op

MEDICATIONS

MEDICATIONS:

Narcotic for Pain:

PERCOCET (OXYCODONE/APAP)

OR

NORCO (HYDOCODONE/APAP)

Prescribed for severe pain. You can take 1 or 2 pills every 4 hours. Do not exceed 9 pills per day due to the amount of acetaminophen. Do not take in combination with alcoholic drinks, or any other pain medication. If taken with Phenergan will cause significant drowsiness.

PLEASE NOTE: You will only be prescribed an adequate amount of narcotic pain medication for the immediate post-op period. If you feel you will need more narcotic pain medication, please talk to our clinic nurse or Dr LeClere

UNUSED narcotic medication should be disposed of properly.

MEDICATIONS:

Anti-nausea:

PHENERGAN (PROMETHAZINE)

Prescribed for nausea. Will cause drowsiness. Take 1 tablet every 6 hours, as needed for nausea.

OR

ZOFRAN (ONDANSETRON)

Prescribed for nausea. Dissolve 1 tablet in mouth 2 times a day, as needed for nausea.

Stool Softener:

COLACE (DOCUSATE SODIUM)

Narcotic pain medications can cause significant constipation. Colace is a stool softener- take 1 tablet, twice a day, while taking narcotic pain medication. See Constipation Relief Suggestions.

Blood Clot Prevention after leg or knee surgery:

ASPIRIN

Aspirin is prescribed to reduce risk of blood clots after lower extremity surgery. Take 1 full strength aspirin (325mg) every day for two weeks. Take with food.

Anti-inflammatory /pain:

MOTRIN (IBUPROFEN)

Prescribed to help you transition off your narcotic pain medication. Take 1 tablet (800mg) three times a day, as needed for pain. Take with food.

Constipation Relief Suggestions



1. Watch Your Diet-

Drink plenty of water a few days before your surgery and post-surgery. Post-surgery you need to "GET and STAY hydrated"!!

Limit foods high in processed sugars and fats. These include hamburgers, French fries, candy and cookies. Avoid foods that make you constipated, such as processed foods, bananas, dairy products, rice, and white bread.

2. Move a bit – Add pressure to your gut.

3. Medication- take your stool softener twice a day while taking your narcotic pain medication.

4. Additional Tips-

Use the bathroom when you have the urge to- don't hold it!

Try drinking hot liquids to kick-start a bowel movement.