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## Orthopedics & Sports Medicine

### Pain Management

- Surgery will cause pain and discomfort. You will be given multiple pain medications after surgery to help with this.
- **The goal of pain medications after surgery is to make the pain tolerable. It will not make you pain free.**
- Usually the pain medications consist of an anti-inflammatory (NSAID) and/or Tylenol as well as a short course of a narcotic-based medicine. These can be taken together as they work in different ways.
- Refer to the label on your medications and take as prescribed. **DO NOT** exceed the ordered dose. Do not take other pain medications you may have at home without consulting with our office or your surgeon.
- **Do not drive, operative heavy machinery, or drink alcohol while you are taking narcotic pain medications.** This includes Percocet, Vicodin, Oxycodone, Norco, Tylenol-3, etc.
- Due to new regulations, we are **VERY LIMITED ON REFILLS** and the amount we can prescribe. If you think you may need a refill, please call ahead as **we will not refill pain medications after-hours or on the weekend.**
- You may restart all other home medications after surgery unless instructed otherwise.

### Discharge Medications

- PERCOCET/OXYCODONE (5mg/325mg tablet) – Take 1-2 tablets by mouth every 4-6 hours as needed for pain. Do not drive or drink alcohol with taking this medication. Please wean off this medication and decrease how much you are taking as soon as possible. We are limited on the refills we can provide. Percocet also has Tylenol (325mg per pill), so do not exceed 3000mg of Tylenol from all sources
- TYLENOL (325mg or 500mg) – This can be provided as a prescription or over the counter. Take as prescribed on the label. This medication can be taken with NSAIDs (Naproxen, Ibuprofen, Toradol, etc.). It can also be taken with the narcotic pain medication. **Do not exceed more than 3000mg of Tylenol from all sources.**
- NAPROXEN or IBUPROFEN (dosing varies) - This can be provided as a prescription or over the counter. Take as prescribed on the label. **Only take only one NSAID medication at a time, not multiple or combined.** It can be taken with Tylenol and the narcotic pain medication since they work in different ways.
- COLACE (100mg capsule) – Take can be provided as a prescription or over the counter. Take 1 capsule by mouth twice a day as needed for constipation which can be caused by taking narcotic pain medication.
- Sometimes you may also receive the following medications in addition to above depending on your surgery:
  - ZOFRAN (4mg tablet) – Take 1 tablet by mouth every 8 hours as needed for nausea/vomiting.
  - TORADOL (10mg tablet) – Take 1 tablet by mouth every 6 hours for pain for **only the first 5 days** after surgery. **Stop all other NSAIDs (Naproxen, Ibuprofen, etc.) while taking this.**
  - FLEXERIL (10mg tablet) – Take 1 tablet by mouth every 8 hours as needed for muscle spasms
  - ASPIRIN (or other blood thinner) – Take as prescribed on the label to help prevent the formation of blood clots after surgery. This is not for pain control. **Make sure to take the entire supply prescribed, usually for 30 days after surgery.**



Physical therapy protocols, post-operative instructions, and other information can all be accessed at any time at [www.sportsmedindiana.com](http://www.sportsmedindiana.com)