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## Post Operative Pain Protocol

At Total Orthopedics we use a multimodal approach to pain medication which includes a variety of medications, cryotherapy/ice, and local or regional anesthetics.

### Medications

Please note that acetaminophen, ibuprofen or alleve, and Senokot are over the counter medications

- Acetaminophen.** This should be taken at a dose of 650mg every 6 hours as a standing dose for the first 1-2 weeks after surgery.

This is contraindicated in patients with liver disease or acetaminophen allergy

- Oxycodone 5mg tabs.** This is taken as 1-2 tabs every 4 hours as needed for break thru pain. This pain medication should be started when your first feel your regional block wearing off but is then only used as needed. It should be discontinued by two weeks from surgery.

This is contraindicated in patients on suboxone, methadone or with an oxycodone allergy. Patients with a pain management physician should discuss this management with their physician prior to surgery.

- Lyrica 50mg tabs.** This is taken for patients with significant pain two times per day for the first two weeks.

This is contraindicated in patients with depression, suicidal thoughts, chronic obstructive pulmonary disease, congestive heart failure, patients with Lyrica allergy and patients on benazepril, captopril, enalapril, fosinopril, imidapril, Lisinopril, metoclopramide intranasal, moexipril, perindopril, quinapril, Ramipril, sirolimus, temsirolimus, trandolapril

- Ibuprofen 800mg tabs or Alleve 450mg.** This is taken for break thru pain just the first two days after surgery as this may block healing. Ibuprofen is 800mg up to 3 times per day and Alleve is 450mg two times per day. **Only take one of these two medications.**

This is contraindicated if you are on blood thinners or have significant kidney disease or if you have an allergy to ibuprofen, Naprosyn or NSAID's.

- Senokot tabs** 2 tablets once per day for constipation while taking Oxycodone.