



Commonly Used Post-Op Medications

BLOOD THINNER:

| <u>Medication</u> | <u>Dose</u> | <u>Frequency</u> | <u>Comments</u> |
|-------------------|-------------|------------------|--|
| ASPIRIN | 81 mg | Twice Daily | <ul style="list-style-type: none"> May cause stomach or nose bleeds |

PAIN:

| <u>Medication</u> | <u>Dose</u> | <u>Frequency</u> | <u>Comments</u> |
|--|-----------------------|--|--|
| ACETAMINOPHEN/CODIENE #3 (Tylenol #3) | 300/30mg | 1 tablet by mouth every 4 hours AS NEEDED | <ul style="list-style-type: none"> Constipation is a common side effect of this medication |
| HYDROCODONE (Norco) | 5/325 mg | 1 tablet by mouth every 4 hours AS NEEDED | <ul style="list-style-type: none"> Constipation is a common side effect of this medication This medication contains 325mg acetaminophen per tablet Max dose 4,000 mg/day of acetaminophen total from all sources |
| TRAMADOL (Ultram) | 50 mg (max 400mg/day) | 1 tablet by mouth every 8 hours AS NEEDED | <ul style="list-style-type: none"> Constipation is a common side effect of this medication May cause confusion, flushing, nausea, & drowsiness |

ANTI-INFLAMMATORY:

| <u>Medication</u> | <u>Dose</u> | <u>Frequency</u> | <u>Comments</u> |
|-------------------|-----------------|------------------|---|
| IBUPROFEN | 200 mg – 800 mg | 3 times daily | DOSAGE MAY VARY DO NOT take any other NSAIDs |
| ALEVE | 250 mg | 1-2 times daily | DO NOT take with any other NSAIDs |

NAUSEA:

| <u>Medication</u> | <u>Dose</u> | <u>Frequency</u> | <u>Comments</u> |
|------------------------|--------------------------|---|---|
| ODANSETRON (Zofran) | 4 mg (max dose 16mg/day) | Every 6 hours TAKE ONLY AS NEEDED FOR NAUSEA | May cause headache, constipation, and/or drowsiness |
| PHENERGAN | 25 mg | Every 8 hours TAKE ONLY AS NEEDED FOR NAUSEA | May cause headache, constipation, and/or drowsiness |

***Please use over-the-counter stool softeners and/or laxatives to prevent constipation.**

*** Taking anti-inflammatories along with pain medications will often provide better pain relief.**