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## Post-Operative Pain Control Protocol



To decrease your pain after surgery you have been prescribed **Oxycodone**. This is an **opioid** containing medication. This medication is very effective at managing short term, surgical pain, but opioids can be **addictive**. They can also make you **constipated** and **upset your stomach**. Because of this, when your pain is tolerable you **MUST** try and stop taking the Percocet

We will prescribe a combination of the following medications in order to keep you comfortable:

- Oxycodone 5mg (or 10mg) 3-4 times a day (for **breakthrough** pain. Some people need this, some people don't).
- Ibuprofen 800mg 3 times a day (anti inflammatory)
- OR
- Methylprednisolone (Medrol Dosepak): take as prescribed on package for 1 week
- Acetaminophen 500mg 3-4 times a day (pain reliever)
- Gabapentin 300mg 3 times a day (nerve pain medication)

I **may** also prescribe the following medication to decrease the other side effects

- Docusate or Colace (Stool softener/prevents constipation)
- Ondansetron or Zofran (Prevent/treats nausea)
- Protonix (Reduces stomach acid reflux)
- Ketorolac or Toradol (**high** strength anti-inflammatory)

Additional modalities that may be helpful

- TENS Unit 3-4 times daily. This can be obtained online (<https://amzn.to/2VUUAAsQ>) Capsaicin cream. Start this twice daily 1 week prior to surgery

Understand that the most painful times are usually at **nighttime** and during **physical therapy**.

To minimize these unwanted side effects please follow the following protocol:

### **Post -Op Day 1-7:**

- Oxycodone 5mg. 1-2 pill 3-4 times a day (every 4-6hours)
- Ibuprofen 800mg 1 pill 3 times per day (every 8 hours). Take with food. **Max 3 pills/24h.**  
**OR**
- Methylprednisolone (Medrol Dosepak): take as prescribed on package
- Gabapentin 300mg. 1 pill twice daily (every 12 hours). Start with 1 pill the evening prior to surgery
- Acetaminophen 500mg 2 pills 3-4 times per day (every 6-8 hours). **Max 8 pills/24h.**

*\*I may prescribe the following in certain patients:*

- *Toradol 10mg 3 times daily.*

### **Post-Op Day 7 onwards:**

The goal is to be off of the Oxycodone after 1-2 weeks. For some people that may take up to 2 weeks. At this point the main medications are:

- Tylenol, Gabapentin, Ibuprofen

### **Tips to help with pain**

- Ice. Place ice on the operative site hourly (20min and 40min off). Repeat
- Tens Unit

### **Storage**

- Keep your medications in a safe place, locked away from children or pets. Oxycodone was prescribed for YOUR surgery and YOUR pain. They should NOT be saved for future use or shared with others

### **Disposal**

- Once your pain is managed with non-opioids, please dispose of opioids by flushing them down the toilet

<i>Time</i>	<i>Gabapentin</i>	<i>Ibuprofen -OR- Medrol Dosepak*</i>	<i>Acetaminophen</i>	<i>Oxycodone</i>	<i>TENS Unit</i>
<i>1:00</i>					
<i>2:00</i>					
<i>3:00</i>					
<i>4:00</i>					<i>x</i>
<i>5:00</i>					
<i>6:00</i>			<i>x</i>	<i>x</i>	
<i>7:00</i>					
<i>8:00</i>					<i>x</i>
<i>9:00</i>	<i>x</i>	<i>x</i>			
<i>10:00</i>					
<i>11:00</i>					
<i>12:00</i>			<i>x</i>	<i>x</i>	<i>x</i>
<i>1:00</i>					
<i>2:00</i>					
<i>3:00</i>	<i>x</i>	<i>x</i>			
<i>4:00</i>					<i>x</i>
<i>5:00</i>					
<i>6:00</i>			<i>x</i>	<i>x</i>	
<i>7:00</i>					
<i>8:00</i>					<i>x</i>
<i>9:00</i>	<i>x</i>	<i>x</i>			
<i>10:00</i>					
<i>11:00</i>					
<i>12:00</i>			<i>x</i>	<i>x</i>	<i>x</i>

*\*If Medrol Dosepak is prescribed, please take it per packaging instructions*