

DR. MONCMAN

POST-OP MEDICATIONS

The following highlighted medications have been sent to your local pharmacy we have on file

COLACE 100MG, 1 PILL, EVERY 12 HOURS

FOR CONSTIPATION WHILE TAKING NARCOTICS, AS NEEDED

YOUR PHARMACIST MAY NOT FILL THIS MEDICATION, SINCE IT CAN BE FOUND OVER THE COUNTER

ONDANSETRON (ZOFRAN) 4MG, 1 PILL, EVERY 6 HOURS

FOR NAUSEA, AS NEEDED

ASPIRIN 81MG, TAKE 2 PILLS, ONCE PER DAY (162MG DAILY)

FOR 4 WEEKS TO PREVENT BLOOD CLOTS

YOUR PHARMACIST MAY NOT FILL THIS MEDICATION, SINCE IT CAN BE FOUND OVER THE COUNTER

KETOROLAC (TORADOL) 10MG, 1 PILL, EVERY 6 HOURS

FOR MILD-MODERATE PAIN

NARCOTIC PAIN MEDICATION

OXYCODONE 5MG (UNLESS OTHERWISE SPECIFIED BY DR. MONCMAN)

TAKE 1 PILL, EVERY 4-6 HOURS

FOR SEVERE PAIN, AS NEEDED

ANTIBIOTICS

TAKE AS PRESCRIBED BY DR. MONCMAN

(NOT EVERY PATIENT WILL BE PRESCRIBED AN ANTIBIOTIC)

HOW TO TAKE MY POST-OP MEDICATIONS

- **DAY OF SURGERY**

- *WITH YOUR FIRST MEAL:*

- ☺ TAKE TORADOL/KETOROLAC 10MG (FOR PAIN)
- ☺ IF PAIN IS >7/10 THEN TAKE OXYCODONE 5MG, AS WELL

- *3 HOURS LATER:*

- ☺ TAKE TYLENOL EXTRA STRENGTH (OVER THE COUNTER) 750MG (OR TWO 500MG PILLS, WHICHEVER YOU HAVE IS FINE)

- *3 HOURS LATER:*

- ☺ TAKE TORADOL/KETOROLAC 10MG WITH FOOD (FOR PAIN)
- ☺ IF PAIN IS >7/10 THEN TAKE OXYCODONE 5MG, AS WELL

- *AT BEDTIME:*

- ☺ TAKE TYLENOL EXTRA STRENGTH (OVER THE COUNTER) 750MG (OR TWO 500MG PILLS, WHICHEVER YOU HAVE IS FINE)
- ☺ TAKE OXYCODONE 5MG (EVEN IF YOUR PAIN IS CONTROLLED, WE SOMETIMES FIND PATIENTS WAKE UP IN THE MIDDLE OF THE NIGHT WITH SEVERE PAIN. WE RECOMMEND YOU STAY AHEAD OF THIS PAIN, RATHER THAN PLAYING CATCH-UP, BY TAKING A NARCOTIC MEDICATION BEFORE BED)

- **POST-OPERATIVE DAYS 1-3**

- *WITH BREAKFAST:*

- ☺ TAKE TORADOL/KETOROLAC 10MG (FOR PAIN)
- ☺ TAKE ASPIRIN 162MG (TWO 81MG PILLS) (TO PREVENT BLOOD CLOTS)
- ☺ IF PAIN IS >7/10 THEN TAKE OXYCODONE 5MG, AS WELL

- *3 HOURS LATER:*

- ☺ TAKE TYLENOL EXTRA STRENGTH (OVER THE COUNTER) 750MG (OR TWO 500MG PILLS, WHICHEVER YOU HAVE IS FINE)

- *WITH LUNCH:*

- ☺ TAKE TORADOL/KETOROLAC 10MG (FOR PAIN)
- ☺ IF PAIN IS >7/10 THEN TAKE OXYCODONE 5MG, AS WELL

■ 3 HOURS LATER:

☹️ TAKE TYLENOL EXTRA STRENGTH (OVER THE COUNTER) 750MG (OR TWO 500MG PILLS, WHICHEVER YOU HAVE IS FINE)

■ WITH DINNER:

☹️ TAKE TORADOL/KETOROLAC 10MG (FOR PAIN)

☹️ IF PAIN IS >7/10 THEN TAKE OXYCODONE, AS WELL

■ 3 HOURS LATER/AT BEDTIME:

☹️ TAKE TYLENOL EXTRA STRENGTH (OVER THE COUNTER) 750MG (OR TWO 500MG PILLS, WHICHEVER YOU HAVE IS FINE)

☹️ IF PAIN IS >7/10 THEN TAKE OXYCODONE 5MG, AS WELL

• POST-OPERATIVE DAYS 4-5

■ WITH BREAKFAST:

☹️ TAKE TORADOL/KETOROLAC 10MG (FOR PAIN)

☹️ TAKE ASPIRIN 162MG (TWO 81MG PILLS) (TO PREVENT BLOOD CLOTS)

☹️ IF PAIN IS >7/10 THEN TAKE OXYCODONE 5MG, AS WELL

■ 4 HOURS LATER:

☹️ TAKE TYLENOL EXTRA STRENGTH (OVER THE COUNTER) 750MG (OR TWO 500MG PILLS, WHICHEVER YOU HAVE IS FINE)

■ WITH LUNCH:

☹️ TAKE TORADOL/KETOROLAC 10MG (FOR PAIN)

☹️ IF PAIN IS >7/10 THEN TAKE OXYCODONE 5MG, AS WELL

■ 3 HOURS LATER:

☹️ TAKE TYLENOL EXTRA STRENGTH (OVER THE COUNTER) 750MG (OR TWO 500MG PILLS, WHICHEVER YOU HAVE IS FINE)

■ WITH DINNER:

☹️ TAKE TORADOL/KETOROLAC 10MG (FOR PAIN)

☹️ IF PAIN IS >7/10 THEN TAKE OXYCODONE 5MG, AS WELL

■ 3 HOURS LATER/AT BEDTIME:

☹️ TAKE TYLENOL EXTRA STRENGTH (OVER THE COUNTER) 750MG (OR TWO 500MG PILLS, WHICHEVER YOU HAVE IS FINE)

☹️ IF PAIN IS >7/10 THEN TAKE OXYCODONE 5MG, AS WELL

- **POST-OPERATIVE DAYS 6 UNTIL YOUR FIRST POST-OPERATIVE APPOINTMENT (THE GOAL IS TO BE OFF NARCOTIC PAIN MEDICATIONS AT THIS POINT):**

- **WITH BREAKFAST:**

-  TAKE ASPIRIN 162MG (TWO 81MG PILLS) (TO PREVENT BLOOD CLOTS)

-  TAKE TYLENOL EXTRA STRENGTH (OVER THE COUNTER) 750MG (OR TWO 500MG PILLS, WHICHEVER YOU HAVE IS FINE), AS NEEDED FOR PAIN

- **WITH LUNCH:**

-  TAKE TYLENOL EXTRA STRENGTH (OVER THE COUNTER) 750MG (OR TWO 500MG PILLS, WHICHEVER YOU HAVE IS FINE), AS NEEDED FOR PAIN

- **WITH DINNER:**

-  TAKE TYLENOL EXTRA STRENGTH (OVER THE COUNTER) 750MG (OR TWO 500MG PILLS, WHICHEVER YOU HAVE IS FINE), AS NEEDED FOR PAIN

- **BETWEEN MEALS & AT BEDTIME:**

-  IF PAIN IS 5-7/10 THEN TAKE IBUPROFEN/MOTRIN/ADVIL/ALLEVE 600MG

-  IF PAIN IS >7/10, PLEASE CALL THE OFFICE SO WE CAN BRING YOU IN TO DISCUSS YOUR PAIN MANAGEMENT NEEDS.