














## Medication Information Sheet

The photo's and descriptions of all these medications may not match your individual prescription as some, not all are required. This a list of commonly used post surgical medications that is meant to help, please defer to your pharmacy instructions as required.


Medication	Description
<b>Cephalexin (aka Keflex) or Clindamycin if allergic to Keflex:</b> 	<p>This medication is your antibiotic. We have already given you a few doses before and during surgery. You can continue regular scheduled dosing the next morning when you wake up as some people may feel too nauseous after surgery. 1 tab every 6 hours until completely done. (One week supply)</p>
<b>Lorazepam (aka Ativan):</b> 	<p>This medication is used to relieve anxiety and tension. It has a calming effect. If you cannot sleep, feel very tense or anxious it is suggested you take this medication. This medication will dissolve under your tongue. This medication is optional.</p>
<b>Senekot, Colace/Docusate sodium (aka Colace):</b> 	<p>This medication is used to prevent constipation as the prescribed pain medications will make you very constipated especially narcotic. You can receive this over the counter. If its been prescribed continue to take it as instructed. If you are very constipated and this medication is not working you can buy an over the counter enema to help relieve constipation as well after a few days.</p>
<b>Fucidin Or PolySporin cream:</b> 	<p>This medication is a topical antibiotic. Apply 3 times per day.</p>

<p><b>Xarelto (Rivaroxaban) / Dalteparin</b></p> 	<p>Prevent blood clots, especially if you are immobilized or have additional risk factors. Take exactly as directed. Xarelto is usually taken with food; Dalteparin is administered via injection.</p>
<p><b>Zofran (Ondansetron) / Kytril (Granisetron)</b></p> 	<p>Prevent nausea and vomiting after anesthesia and surgery. Take as directed, typically before or after surgery to prevent nausea.</p>
<p><b>Tranexamic Acid</b></p> 	<p>Reduce bleeding during and after surgery. Take as prescribed, often before and after surgery. Follow your surgeon's instructions precisely to help minimize bleeding and facilitate healing.</p>
<p><b>Flexeril (Cyclobenzaprine)</b></p> 	<p>Muscle relaxant for muscle spasms. Relieves muscle pain and stiffness.</p> <p>Use only for short-term relief.</p>

## Pain

Medication	Description
<b>Hydromorphone:</b> 	<p>This medication is for pain. This medication is stronger than Toradol. It is recommend you begin taking this medication first for the first few days. You can take 2mg every 4 hours (as prescribed on the medication bottle) as needed depending on your pain. Once you feel you no longer need this strong pain medication please stop.</p>
<b>Toradol (aka ketorolac):</b> 	<p>This medication is can also used for pain, it is an NSAID. This medication is not as strong as hydromorphone. You may take 10mg every 6 hours (as prescribed on the medication bottle) based on your pain.</p>
<b>Percocet (Oxycodone and Acetaminophen):</b> 	<p>Less commonly prescribed stronger pain med. You should begin taking this pain medication first for the first 24-48 hours. 1-2 tabs every 4 hours as needed based on how much pain you are in. <b>DO NOT TAKE THIS MEDICATION AT THE SAME TIME AS THE HYDRO-MORPHINE, TYLENOL or T3.</b> This medication will constipate you. Consider using prune juice, drinking plenty of water and or using over the counter gentle laxative we recommend Senokot.</p>
<b>Tylenol 3 (Acetaminophen with Codeine):</b> 	<p>This is another pain medication, it is a moderate pain reliever.</p>
<b>Celebrex (Celecoxib) / Meloxicam</b> 	<p>Reduce pain and inflammation after surgery.</p> <p>Take with food to minimize stomach upset, usually once or twice daily as prescribed. Continue for the duration recommended by your surgeon to help control postoperative pain and swelling.</p>

# Aspect

<b>Gabapentin / Lyrica (Pregabalin)</b> 	<p>Manage nerve pain or discomfort following surgery.</p> <p>Take as prescribed, usually starting on the day of surgery or shortly after. It may help reduce nerve-related pain or burning sensations. Do not stop abruptly to prevent withdrawal it can have sedative effects, dizziness and bizarre feelings.</p>
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## Please note

- Pain medications are taken on an as needed basis based on your pain level. If you feel you do not need to take the prescribed pain medications you may take a combination of extra strength Tylenol or Celebrex \*
- If you continue to take stronger medication for pain there is a higher chance of constipation, the sooner you stop taking them the better for recovery