Post-Operative Medication FAQs with Dr. Cole

After surgery with Dr. Cole, you will be prescribed a few medications. Depending on your surgery, you may have some or all the medications listed below prescribed. This is meant to explain the purpose of each medication and how to take them. If you have any known allergies or intolerances to these medications, or are taking medications that might conflict with these medications, please reach out to us immediately at colepa@rushortho.com. Finally, please consult with your primary care physician with any additional concerns related to your medications and/or the potential for drug-drug interactions.

Pain medications: These are taken strictly for pain, as needed.

- *Suzetrigine (Journavx)*
  - Description: Non-narcotic pain medication.
  - Purpose: Moderate to severe pain, to be taken every day for first 2 weeks if in pain.
  - Dosage: Take 2 tablets after surgery on an empty stomach. After that, take one tablet every 12 hours with or without food.
  - Other: Itchiness, muscle spasms, and rashes are the most common side effect. Do not take this with grapefruit juice, antifungals, or HIV drugs.
  - Please visit https://www.journavx.com/ for more info and help with insurance coverage.
- *Acetaminophen (Tylenol)*
  - Description: Over the counter (OTC) medication.
  - Purpose: Pain not requiring narcotics or when weaning off narcotics.
  - Dosage: 325mg or 500mg tablets. The maximum dose is 1000mg in a six-hour period and 4,000mg in a 24-hour period.
    Other: Hydrocodone has 325mg of Tylenol in it, so be mindful of taking both in a 6hr or 24hr period.
- *Hydrocodone-Acetaminophen (Norco)*
  - Description: Narcotic pain medication.
  - Purpose: More severe pain that is not managed with Tylenol.
  - Dosage: Hydrocodone 5, 7.5, or 10mg. Each formulation has 325mg of Tylenol. You can take 1-2 tablets every 4-6 hours, as needed for postoperative pain. If one tablet is not providing sufficient pain relief after 1 hour, you can take a second tablet.
  - Other: Many have side-effects with Norco such as constipation, nausea, or a sense of fogginess.
    - You can take Ondansetron (Zofran), which we prescribe for nausea. In addition, OTC medications that you may take for constipation include Colace or Miralax.
- *Oxycodone*
  - Description: Strongest narcotic pain medication we prescribe.
  - Purpose: Most severe pain that is not controlled with Norco and an anti-inflammatory.
  - Dosage: 5mg. You can take 1 tablet every 6 hours for pain.
    - It does not have any Acetaminophen, and you can take Tylenol with this as per the recommendations above.
    - This is taken when hydrocodone (Norco) has not controlled your pain.
  - Other: It can cause the same side effects as Norco, but sometimes more notable as it is a stronger medication.

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Anti-inflammatories (NSAIDs): These help pain and inflammation/swelling.

⇒ Only take one anti-inflammatory at a time (do NOT take additional OTC NSAIDs with any NSAID we prescribe). The most common OTC NSAIDs are Ibuprofen (Advil) and Naproxen Aleve).

- *Meloxicam (Mobic)*
  - Description: Anti-inflammatory medication.
  - Dosage: 15mg tablet. It is taken once a day with food.
  - Other: It has fewer side effects than Ibuprofen (i.e., GI upset) and is rarely not tolerated.
- *Celecoxib (Celebrex)*
  - Description: Anti-inflammatory medication.
  - Dosage: 200mg tablet. It is taken 1-2 times a day with food for the first 14 days and then as needed thereafter.
  - Other: Similar side effects to Meloxicam and often tolerated better than Ibuprofen.
- *Ibuprofen (Advil)*
  - Description: Anti-inflammatory medication taken multiple times a day.
  - Dosage: 200-800mg tablets. The maximum dose is 800mg every 8 hours, or 2400mg in a day. We typically send a 600mg dose every 8 hours with food.

DVT (blood clot, deep venous thrombosis) Prevention

- *Baby Aspirin (81mg)*
  - Purpose: Anti-platelet that decreases the risk of a blood clot if you are not prescribed a blood thinner.
  - Dosage: Taken twice a day for 30 days with food.
  - Other: If you are younger than 16 years old, we did not prescribe it because you should not take aspirin. Along with the medication, you should do calf pumps 15x/hr when sitting during the day and ambulate as tolerated (weightbearing as tolerated if your surgical instructions allow).
    - You can take NSAIDs while taking aspirin with food.
- *Blood thinners (Lovenox, Xarelto)*
  - Purpose: Blood thinners are only prescribed if recommended by your primary care or a specialist. They are typically prescribed for patients with a high risk for blood clots, including a history of blood clots in you or a family member, a clotting or bleeding disorder, or certain cardiac conditions.
  - Other: You cannot take NSAIDs while on these.

Miscellaneous medications

- *Prednisone*
  - Purpose: Prescribed for conditions prone to recurrent inflammation.
  - Dosage: 50mg tablet taken once a day for 5 days. Taken in the morning with food.
  - Other: Do not take anti-inflammatories while on Prednisone. Okay to start anti-inflammatories after completing Prednisone prescription. Side effects can include puffiness, irritability, feeling warm, or feeling anxious.
- *Ondansetron (Zofran)*
  - Purpose: Anti-nausea medication.
  - Dosage: One tablet taken every 8 hours as needed for nausea.
- *Sennosides 8.6mg-Docusate Sodium 50mg*
  - Purpose: To relieve constipation.
    - Sennosides is a stimulant (increases bowel movements).
    - Docusate, brand name Colace, is a stool softener.
  - Dosage: Take 2 tablets once a day as needed for constipation or while on narcotics to prevent constipation.
  - Other: Important to stay hydrated while taking these and eat fiber rich food.

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