

Post-operative medications called in to your pharmacy by Dr. Blackwell:

- Norco 5mg- You will receive a prescription for pain medication to be used after surgery only. Most patients will require a short duration of opioid pain medications (less than one to two weeks). Please take these medications as directed. The goal of postoperative pain management is pain control, NOT pain elimination. You should expect some pain after surgery - this pain helps you protect yourself while your body is healing. Percocet and Norco already contain acetaminophen (Tylenol). Do not take additional Tylenol or other acetaminophen-containing products while taking them unless your surgical team specifically directs you to. Refill Policy: For concerns over your safety due to the rising opioid addiction
 - o epidemic in the United States, refills of your pain medications will only be provided on a case by case basis. Please use these medications judiciously.
 - o Common side effects of the opioid pain medications include nausea, drowsiness, constipation, and itching. Take these medications with food to decrease side effects. To prevent and treat constipation, take an over-the-counter stool softener (like colace 100 mg twice per daily) or laxative (like dulcolax or Miralax as needed). If you experience itching, over the counter Benadryl may be helpful.
 - o Do not drive a vehicle or operate heavy machinery while taking opioid pain medication.
- Zofran 8mg to take as needed. This is an anti-nausea medication: Sometimes patients experience nausea related to either anesthesia or the narcotic pain medication. If this is the case you will find this medication helpful.
- Aspirin 81mg to take twice a day for 2 weeks after surgery. For most patients, activity alone is sufficient to prevent dangerous blood clots, but in some cases your personal risk profile and/or the type of surgery you have undergone makes it necessary that you take medication to help prevent blood clots. There are some higher risk patients who may have a stronger anticoagulant prescribed, and this will be done on a case by case basis. In addition to your pain medication you may also take the following over the counter:
- Anti-inflammatory (NSAID) medicine (Naproxen or Ibuprofen): These are both anti- inflammatory and pain relief. Check with your surgical team or primary care doctor before taking NSAIDs if you have had a stomach ulcer, kidney disease, an NSAID or aspirin allergy, aspirin-sensitive asthma, or if you take a blood thinner or have a bleeding problem. You should take NSAIDs with food or antacid to reduce the chance of upset stomach. NSAIDs may be taken in between the opioid pain medication to help smooth out the postoperative “peaks and valleys”, reduce overall amount of pain medication required, and increase the time intervals between narcotic pain medication use.