

## Post Operative Pain Management Protocol

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Pain after surgery is common and expected. Our goal is to make you as comfortable as possible while using little to no narcotic/opioid medication. Generally, in healthy adults without contraindications, this combination is very effective in managing postoperative pain while protecting patients from the known risks associated with opioid (narcotic) pain medications.

1. Non-Steroid Anti-inflammatories: Ibuprofen (Motrin, Advil) 800 mg, 3x/day
2. Non-Opioid Analgesic: Acetaminophen (Tylenol) 1,000 mg, 3x/day
3. Opioid Analgesic: **If** you are experiencing severe pain, Oxycodone 5mg may be taken **ONLY** up to 4 times a day (every 6 hours)
4. Anticoagulation (for knee surgery): Aspirin 81 mg 1x/day

Doses can be taken together or staggered throughout the day. Please see the examples below:

### Example #1:

8:00am - ibuprofen 800mg **and** acetaminophen 1,000mg

2:00pm - ibuprofen 800mg **and** acetaminophen 1,000mg

8:00pm - ibuprofen 800mg **and** acetaminophen 1,000mg

\*Oxycodone 5mg, as needed up to 4 times a day **ONLY** for severe pain

### Example #2:

8:00am - ibuprofen 800mg (and aspirin 81 mg for knees)

11:00am - acetaminophen 1,000mg

2:00pm - ibuprofen 800mg

5:00pm - acetaminophen 1,000mg

7:00pm - ibuprofen 800mg

10:00pm - acetaminophen 1,000mg

\*Oxycodone 5mg, as needed up to 4 times a day **ONLY** for severe pain

Since **Ibuprofen** is metabolized in the kidneys and **Tylenol** is metabolized in the liver, you can take both medications at the same time or staggered throughout the day. If you have a history of ulcers, please be careful with the **Ibuprofen**. If gastric symptoms develop, please stop the **Ibuprofen** immediately.