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# Medications After Surgery

## LOWER EXTREMITY SURGERY

**Patient** _____ **Surgery date** _____

### YOUR PAIN PLAN — IN THIS ORDER

- **Ice, elevation, and rest** — swelling is a major source of pain.
- **Tylenol** on a schedule if approved.
- **Narcotic** only for pain the steps above don't control, then cut back to Tylenol as soon as you can.
- Take your **aspirin** every day to prevent blood clots.

Your prescribed medications are checked below. The goal is manageable pain so you can rest and do your exercises — not zero pain.

### ☐ Oxycodone / Percocet / Norco NARCOTIC

- For pain not controlled by your other medications, ice, and elevation. Take fewer as pain improves.
- Take with food. Most patients need these for only 2–3 days. **No driving, alcohol, or sleep/anxiety pills.**
- Percocet and Norco **contain Tylenol**. Dispose of leftovers at a pharmacy take-back kiosk.

### ☐ Aspirin 81 mg PREVENTS BLOOD CLOTS

- Take **with food**, once or twice daily **exactly as prescribed**, for the full 4 weeks.
- **No ibuprofen, naproxen, or other anti-inflammatories** unless approved.
- Call for unusual bleeding or black stools.

### ☐ Tylenol (acetaminophen) OVER-THE-COUNTER

- If approved: 2 tablets (325 mg) every 6 hours.
- **Max 3,000 mg per day from all sources** — Percocet and Norco count toward this.

### ☐ Keflex or other antibiotic PREVENTS INFECTION

- Only for some patients. Take until finished.
- Call for rash, hives, swelling, or severe diarrhea.

### ☐ Zofran (ondansetron) NAUSEA

- Only if nauseated, every 8 hours as needed. Dissolve on the tongue.

### ☐ Colace (docusate) CONSTIPATION

- Take while using narcotics. Walk, drink water, eat fiber. Add MiraLAX if no bowel movement in 2–3 days.

### ☐ Vitamin D SUPPORTS HEALING

- 1 capsule **once a week**, same day each week, for 6–8 weeks.

### CALL 911 FOR:

- Trouble breathing, extreme sleepiness, or can't be woken up • Swelling of the face, lips, or throat • Chest pain or sudden shortness of breath

**Refills:** call 469.800.7200, Mon–Fri 8:30 am–3:00 pm. Allow 24–48 hours. No narcotic refills after hours or on weekends.