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A member of HealthTexas Provider Network

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Medications After Surgery

UPPER EXTREMITY SURGERY — WITH JOURNAVX

Patient _____ **Surgery date** _____

YOUR PAIN PLAN — IN THIS ORDER

- **Journavx every 12 hours** — your main pain medication. Take it on schedule, even if pain is mild.
- **Ice, elevation, and rest** — swelling is a major source of pain.
- **Toradol** every 6 hours with food for the first few days.
- **Narcotic for breakthrough pain only** (above 7/10).

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

☐ Journavx (suzetrigine) 50 mg MAIN PAIN MEDICATION — NON-OPIOID

- **Morning of surgery:** take **2 tablets** with a sip of water on an empty stomach. **Then 1 tablet every 12 hours** on schedule, for up to 14 days. No refills.
- Swallow whole. **Avoid grapefruit.** Missed 2+ doses? Take 2 tablets, then resume schedule. Not habit-forming; may cause itching or muscle spasms.
- **Birth control:** may be less effective — use a backup method during and for 28 days after. Tell your pharmacist about all other medications you take.

☐ Oxycodone / Percocet / Norco NARCOTIC

- **Breakthrough pain only** — pain above 7/10 not controlled by Journavx, ice, and elevation.
- 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.

☐ Toradol (ketorolac) ANTI-INFLAMMATORY

- Take **with food**, no more than **every 6 hours**, for a maximum of 5 days.
- **No ibuprofen, naproxen, or other anti-inflammatories** while taking it.
- Stop and call for stomach pain 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.