Baylor Scott & White
ORTHOPEDIC ASSOCIATES OF DALLAS
A member of HealthTexas Provider Network

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Medications After Surgery

UPPER EXTREMITY SURGERY

Patient _____ **Surgery date** _____

YOUR PAIN PLAN — IN THIS ORDER

- **Ice, elevation, and rest** — swelling is a major source of pain.
- **Toradol** every 6 hours with food for the first few days, plus **Tylenol** if approved.
- **Narcotic** only for pain the steps above don't control, then cut back to Tylenol as soon as you can.

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.

☐ 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.