



NJ / PA KNEE & SHOULDER CENTERS

MEDICATION SCHEDULE AND INSTRUCTIONS FOLLOWING KNEE, SHOULDER, OR ELBOW SURGERY

Patient:

Date:

The post-operative medications we have prescribed for your after-care at home have been marked on the following list. Please read the accompanying explanations and instructions. Call us if you have any questions. If you do not already have these medications in hand, fill your prescriptions as soon as possible so you do not delay the start of your medication schedule.

- Cefadroxil Monohydrate** is an antibiotic that will help reduce your chance of infection. Two tablets are to be taken every 12 hrs. Take your first two tablets shortly after you get home. **ONLY TAKE 6 (SIX) TABLETS, TOTAL, UNLESS YOU ARE INSTRUCTED TO TAKE MORE THAN THAT BY YOUR SURGEON.**
- Acetaminophen / Hydrocodone (a.k.a. Norco)** is a strong oral pain medication that is effective in relieving even severe post-operative discomfort. This should be started **prior** to leaving the surgical facility, if possible, unless you have a short (<20 min.) trip home. One tablet may be taken every 3-6 hrs., for pain. Do not attempt to drive while using this medication, as it may cause drowsiness.
- Propoxyphene / Acetaminophen (a.k.a. Darvocet)** is a strong oral pain medication that is effective in relieving even severe post-operative discomfort. This should be started **prior** to leaving the surgical facility, if possible, unless you have a short (<20 min.) trip home. One tablet may be taken every 3 to 4 hrs., for pain, not to exceed 6 tablets per day. Do not attempt to drive while using this medication, as it may cause drowsiness.
- APAP / Codeine (a.k.a. Tylenol # 3)** is an oral pain medication that is effective in relieving moderately severe post-operative discomfort. This should be started **prior** to leaving the surgical facility, if possible, unless you have a short (<20 min.) trip home. Two tablets may be taken every 4-6 hrs., for pain. Do not attempt to drive while taking this medication, as it may cause drowsiness.
- Naproxen (a.k.a. Naprosyn)** is an anti-inflammatory medication that helps reduce post-operative pain and swelling. Take one tablet, twice a day, with food (breakfast and dinnertime is fine). If you have also been prescribed **Ketorolac** or **Lovenox**, begin taking your Naproxen only **after** your Ketorolac and/or Lovenox is used up.
- Ibuprofen (a.k.a. Motrin)** is an anti-inflammatory medication that helps reduce pain and swelling. Take one tablet, three times a day, with food (one tab with each meal is fine). If you have also been prescribed **Ketorolac** or **Lovenox**, begin taking your Ibuprofen only **after** your Ketorolac and/or Lovenox is used up.
- Salsalate (a.k.a. Disalcid)** is an anti-inflammatory medication that helps reduce pain and swelling. Take two tablets, twice a day, with food (breakfast and dinner time is fine). If you have also been prescribed **Ketorolac**, begin taking your Salsalate only **after** your Ketorolac is used up.
- Ketorolac (a.k.a. Toradol)** is an anti-inflammatory medication that helps reduce post-operative pain and swelling. Take one tablet every 6 hrs., with food.
- Temazepam (a.k.a. Restoril)** is a medication that you may need to help you sleep during the first few weeks after surgery. One tablet may be taken as needed, at bedtime.
- Amitriptyline (a.k.a. Elavil)** is a medication which reduces pain perception and works in conjunction with your other pain medication to reduce your post-surgical discomfort. Take one tablet daily, each evening before bedtime. Discontinue your Amytripyline when you feel that you no longer need your other pain medication.
- Lovenox (a.k.a. Enoxaparin)** is an injectable blood thinning medication that reduces your chance of blood clot complications. Following the directions on your Lovenox instruction sheet, administer your first dose _____, and then continue at a frequency of one injection every _____ hours until you have used up your supply. Note: NEVER administer Lovenox sooner than **two hours** after an epidural anesthetic catheter is removed from your back.

Other: _____

Restart your regular, non-orthopedic medications (if any) when you get home.

Physician and/or PA-C Signature _____ **24 Hr. Phone:** 856-273-8900