

# South Orange County Orthopaedics, Inc



## POST OP Medications / Instructions after TOTAL HIP/KNEE SURGERY

### PAIN MEDICATIONS:

- Gabapentin 600 mg at bedtime to help prevent nerve pain (#30 with 1 refill)
- Mobic 15mg (SULFA ALLERGIES OK) once a day by mouth to decrease pain and inflammation (#30 with 1 refill)
  - Celebrex 200 mg once a day by mouth to decrease pain and inflammation (may need prior auth) (#30 with 1 refill)
- Tylenol 1000 mg three times a day by mouth to decrease pain (#90 with 1 refill)

\*\*Tylenol is Acetaminophen and you should never take more than 4000 mg of Tylenol a day.

### OPTIONAL PAIN MEDICATIONS:

- Tramadol 50 mg** one tab every 6 hours by mouth **as needed** for **mild to moderate** break through pain ( #60)
- Oxycodone IR 5 mg** one tab every 6 hours by mouth **as needed** for **severe** pain (#30)

### BLOOD THINNER:

- Aspirin 81mg** one tab by mouth **TWICE a day** for the prevention of blood clots (14 days for knees/28 days for hips)
- Xarelto 10mg** one tab by mouth **ONCE a day** for prevention of blood clots (14 days for knees/28 days for hips)  
(may need prior auth) #13/#27 because you will get first dose in hospital
  - If not approved, take Aspirin 81mg twice a day (14 days for knees/28 days for hips)

\*If flying within 3-6 months after surgery, take Aspirin 325mg day before flight, day of flight, and day after flight, each way.

### Stool Softeners/Laxatives:

- Colace 100 mg one tab twice a day to prevent constipation (#60 with 1 refills)  
If you had not had a bowel movement within 2-3 days after discharge, add:
  - Senokot-S 8.6 mg/50 mg two tabs once a day to prevent or relieve constipation (#60 with 1 refills)
  - Miralax 17grams 1 packet once a day as needed for constipation (#30 with 1 refill)

**FOR ALL SURGERIES:** Follow-up in office **2 weeks** after surgery for x-rays, wound check, and evaluation

- PARTIAL JOINT and TOTAL JOINT** – IF home therapy is indicated, the case managers at the hospital will arrange your Home Health care. Dressing should be changed between the 5<sup>th</sup> and 10<sup>th</sup> day after surgery by a nurse or physical therapist in your home or in our office, depending on postoperative therapy.

***IMPORTANT NOTE:*** Majority of patients will need to complete **Outpatient Physical Therapy (PT)** after surgery. Please speak with the office at the preoperative visit for details and direction. If you have an HMO insurance, an authorization will be needed for PT. PT helps increase success of the surgery and obtaining optimal physical health.

**Questions: Call 949-364-2154 EXT 4391**

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