



**ROBERT J. AVINO, MD**

Board Certified Fellowship Trained  
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## **HOW TO TAKE YOUR POSTOPERATIVE MEDICATIONS**

**\*\*Be sure to pick up ALL of your medications from your pharmacy BEFORE your surgery\*\***  
(TYLENOL should be purchased over-the-counter)

Medications may vary as each patient is different. Please refer to your PINK post-operative instruction sheet for the medications you are to take.

### **BLOOD CLOT PREVENTION**

<b>Aspirin</b> <b>Apixaban (Eliquis)</b> <b>Rivaroxaban (Xarelto)</b>	Take as directed for 30 days following surgery. Do not stop this medication prior to 30 days unless otherwise instructed to do so.
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### **PAIN CONTROL**

<i>Tylenol, anti-inflammatories, and icing are <b>ESSENTIAL</b> for pain control. Narcotic pain medications will not help control your pain unless you are routinely taking Tylenol, an anti-inflammatory, and icing.</i>	
<b>Acetaminophen (Tylenol)</b> Mild, Moderate & Severe Pain	Tylenol should be taken as directed until all of your pain is gone.
<b>Celecoxib (Celebrex)</b> Anti-inflammatory and Pain (In some patients this medication is contraindicated)	Celebrex should be taken as directed for 30 days following surgery. This medication is very effective at decreasing pain and inflammation. Do not stop taking this prior to 1 month unless instructed to do so.
<b>Tramadol (Ultram)</b> Moderate & Severe Pain	If Tylenol by itself is not sufficient for pain control, then take Tramadol as directed, as needed.
<b>*Oxycodone</b> (*knees only) Severe and Breakthrough Pain	If Tylenol and Tramadol together are not adequately controlling your postoperative knee pain, then add Oxycodone as directed, as needed.



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## OTHER HELPFUL MEDICATIONS

<b>Colace</b> Stool Softener	For constipation. If you are not constipated, you do not need to take this. This should be taken if you are taking Tramadol or Oxycodone.
<b>Omeprazole</b> Acid Reflux/Heartburn	For heartburn/stomach irritation. Take 1 (one) 30 minutes before your morning meal daily.

## ORAL ANTIBIOTICS

<b>Duracef (Cefadroxil)</b>	Take as directed for 7 days.
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### **Ice Therapy:**

HIPS: Ice for 20 minutes every couple of hours

KNEES: Use ice machine as often as you'd like & elevate your knee

\*\*Tramadol & Oxycodone are taken **AS NEEDED** for moderate to severe pain\*\*

**SEE NEXT PAGE FOR MEDICATION SCHEDULE EXAMPLES**

**(Examples only. Medications may vary)**



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### Medication Schedule Example - Weeks 1 & 2

	Wake	Breakfast	Lunch	Dinner	Bedtime	Night
Aspirin		1 tab		1 tab		
Celebrex		1 tab		1 tab		
Tylenol	2 tabs		2 tabs		2 tabs	
Tramadol	1 tab <u>if needed</u>		1 tab <u>if needed</u>	1 tab <u>if needed</u>		1 tab <u>if needed</u>
Oxycodone		1 tab <u>if needed</u>	1 tab <u>if needed</u>	1 tab <u>if needed</u>		1 tab <u>if needed</u>
Omeprazole		1 tab				
Colace	1 tab <u>if needed</u>			1 tab <u>if needed</u>		
Duracef (Week 1)		1 tab		1 tab)		

### Medication Schedule Example - Weeks 3 & 4

	Breakfast	Lunch	Dinner	Night
Aspirin	1 tab		1 tab	
Celebrex	1 tab		1 tab	
Tylenol	1-2 tabs <u>if needed</u>	1-2 tabs <u>if needed</u>	1-2 tabs <u>if needed</u>	
Omeprazole	1 tab			