

Bay Area Orthopedic Surgery and Sports Medicine

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*Fellowship Trained
Sports Medicine and Sports Trauma
Reconstructive Joint Surgery*

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*Physician Assistant – Certified
Orthopedics and Pain Management*

Post –Operative Medication List

Medications from the following list will be dispensed in anticipation of your upcoming surgery. This handout will explain basic details about the medications being prescribed. Be sure to read the specific drug hand out sheets from the pharmacy for detailed information regarding potential drug interactions and side effects.

Pain medications:

1. *Tramadol hydrochloride*: pain medication prescribed when tapering off of stronger narcotic medication. Do not take in combination with alcoholic drinks, or any other pain medication. If taken with temazepam, benadryl, and/or phenergan, will cause significant drowsiness.
2. *Vicodin (hydrocodone/acetaminophen 5/500mg)*: pain medication prescribed for moderate pain. Can take 1 or 2 pills every 4 hours. Do not exceed 8 pills a day due to the amount of acetaminophen. Do not take in combination with alcoholic drinks, or any other pain medication. If taken with temazepam, benadryl, and/or phenergan, will cause significant drowsiness.
3. *Norco (hydrocodone/acetaminophen 10/325mg)*: pain medication prescribed for moderate to severe pain. Can take 1 or 2 pills every 4 hours. Do not exceed 9 pills per day due to the amount of acetaminophen. . Do not take in combination with alcoholic drinks, or any other pain medication. If taken with temazepam, benadryl, and/or phenergan, will cause significant drowsiness.
4. *Percocet (oxycodone/acetaminophen 5/325mg)*: pain medication prescribed for severe pain. Can take 1 or 2 pills every 4 hours. . Do not exceed 9 pills per day due to the amount of acetaminophen. Do not take in combination with alcoholic drinks, or any other pain medication. If taken with temazepam, benadryl, and/or phenergan, will cause significant drowsiness.

Anti-nausea medication:

Phenergan (promethazine): prescribed for nausea. Will cause drowsiness. If combined with temazepam or diphenhydramine hydrochloride, can cause extreme drowsiness. Use cautiously.



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Anti-inflammatory medications (NSAID):

Ibuprofen: prescribed for control of inflammation in joint and soft tissue. Take as prescribed for full anti-inflammatory effect. If causes stomach distress (nausea, bloating, stomach pain), can take with omeprazole (as below).

Naproxen: prescribed for control of inflammation in joint and soft tissue. Take as prescribed for full anti-inflammatory effect. If causes stomach distress (nausea, bloating, stomach pain), can take with omeprazole (as below).

Anti-itching medication:

Diphenhydramine hydrochloride (benadryl): prescribed to stop itching that can be caused from drug reaction. Can cause extreme drowsiness in combination with pain medication, or medication for nausea.

Stomach protection:

Omeprazole: anti-acid medication prescribed to protect the stomach while taking anti-inflammatory medication.

Antibiotic:

Cephalexin: prescribed to treat infection in the skin or skin structures. Take as prescribed, and take all medication prescribed.

Sleeping medication:

Temazepam: prescribed to help you sleep. Use cautiously with pain medication. If combined with anti-nausea or anti-itch medication, can cause significant drowsiness. Use cautiously in patients with sleep apnea.

Blood Clot Prophylaxis:

Aspirin: prescribed to reduce the risk of blood clots after surgery. Take 1 full strength aspirin (325mg) twice a day for 4 weeks after surgery. Consult your primary care doctor if you are taking any blood thinners (EX: Coumadin).

Stool Softener:

Colace (DSS): narcotic pain medications can cause significant constipation. Colace is a stool softener that should be taken twice a day while taking pain medication. Hold for loose stools.