

# OrthoWertz

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## Post-operative Medication Instructions

There are three types of medications you may be prescribed – Non-Steroidal Anti-Inflammatory (NSAIDs), "Pain Killers" and an Antibiotic. The "Pain Killer" is by prescription only and will typically be one of the following narcotics: Hydrocodone, Oxycodone, Tramadol, or Tylenol #3. You will be discharged with instructions to take pain medications. The NSAID is available over-the-counter or you may request a prescription.

1. **Non-Steroidal Anti-Inflammatory (NSAID):** An anti-inflammatory is used to help reduce swelling and pain. You may need to take your anti-inflammatory on a regular basis for a full 6- 12 weeks after surgery. These medication options include **ADVIL and ALEVE** and are available over the counter. For pain while taking the anti-inflammatory you can take Tylenol (acetaminophen). If it is determined by Dr. Wertzberger you may also be prescribed Aspirin 325 mg. You can fill the script or just purchase it over the counter. You will need to take one daily for one month to prevent any blood clots. **DO NOT TAKE ANTI-INFLAMMATORIES IF YOU HAVE AN ASPIRIN ALLERGY OR ANY ACTIVE STOMACH/ULCER PROBLEMS**
2. **NARCOTIC: ONLY TO BE TAKEN AS NEEDED FOR PAIN. YOU MAY START TAKING THE DAY YOU GET HOME FROM THE HOSPITAL.** A narcotic is taken to help decrease pain after surgery. Discomfort can be expected after surgery and we want you to be able to keep on top of it. The pain medication is to be taken **ONLY AS NEEDED**. Even if you do not think you will need it, we do want you to fill the prescription so that you have it. Narcotics can cause drowsiness, so do not drink or drive while taking this medication. They may also cause nausea. If you go back to work soon after surgery you may want to take it in the evenings and use only the anti-inflammatory for pain during the day. Extra strength Tylenol is also a great pain killer and can be taken as a first resort with your anti-inflammatory to decrease the need for a narcotic. Taking a pain killer on a regular basis can cause constipation. To help keep you regular, use an over the counter fiber supplement such as Metamucil or Citrucel. You may also want to take a stool softener such as Colace or Dulcolax.
3. **Antibiotic:** A prophylactic antibiotic will be prescribed for certain procedures generally for 5 days. This will aid in the prevention of infections. **The antibiotic will typically be one of the following: Bactrim, Keflex, Doxycycline.** You will need to take every pill as directed until they are gone. It is critical that you do not miss a dose to keep a certain level in your system.

### Medication Refills

If you notice you are getting low on a medication that you need and do not have any remaining refills, please **plan ahead and notify us at least two days before your medication runs out.** Oxycodone medications are not refillable via phone at the pharmacy, but rather only written prescription