

## Post-Op Medication Instruction Sheet

When you arrive home, we recommend that you have something simple to eat and drink before you take any medication. This will help prevent nausea and vomiting. Dr. Catalano administered medications in your IV bag before you were discharged, so it is not necessary to take the medications immediately upon arriving home. We suggest you drink/eat something simple such as a protein drink, applesauce, or yogurt. Within a couple of hours if your stomach feels settled, you may begin taking your medications. None of the prescriptions are required but are rather recommended by Dr. Catalano. Every patient's prescribed medications may vary based on drug allergies, health history or body weight. **If you experience an allergic reaction to any of the medications prescribed and are having difficulty breathing, swelling of the tongue, lips or throat please call 911 or seek assistance at the nearest emergency room.** If you develop a rash or hives after taking any of the medications, please call our office at (303)-768-8222. If we do not answer the phone, or you call outside of our posted office hours, please stay on the line to relay a message to our answering service which will page Dr. Catalano and he can prescribe you an alternate RX.

### Pain Management

For the prescription anti-inflammatory medication, we prescribe a Medrol Dose Pack (generic form Methylprednisolone.) This RX is highly recommended for the prevention of pain/swelling and should be taken first.

Begin by taking the first small white pill from the Medrol Dose Pack (punch pack) followed by a dose of 600 mg of an over-the-counter anti-inflammatory medication (such as Ibuprofen) 60-90 minutes later.

Although Day 1 of Medrol Dose Pack (steroid punch pack) has 6 pills, only 4/5 of the tablets need to be taken if you arrive home later than noon on the day of your surgery. Spread these out as evenly as possible from the time arriving home until bedtime.

Over the counter medications for inflammation that we suggest are Advil, Ibuprofen or Motrin. Note: When using 600 mg of Ibuprofen (or 800 mg of Ibuprofen if you are 170 lbs. or greater), it can be taken up to four times in a 24-hour period.

Tylenol (acetaminophen) may also be taken with both the prescription (Medrol) and over the counter (ibuprofen) anti-inflammatory medications. The narcotic prescription pain medicine (only to be used as a back-up) has Tylenol (acetaminophen) in it. Each RX Hydrocodone or Oxycodone tablet has 325 mg of Tylenol. **MAKE SURE YOU DO NOT EXCEED 3,000 mg of TYLENOL or RX PAIN MEDICATION IN A DAY (24 HOUR PERIOD.)**

**We recommend NOT using the prescription pain medication if possible, as narcotics can cause nausea and vomiting.** Only use the RX pain medication if the Methylprednisolone, Tylenol, and Ibuprofen are not sufficient for pain management.

### Antibiotics

The common antibiotics that we prescribe in our office include Keflex (Cephalexin), Amoxicillin and Cleocin (Clindamycin.)

The first dose of antibiotic should be taken 3 to 6 hours after arriving home. It is best to get at least two doses in the first day and then as prescribed starting the next day.

It is highly recommended to finish the full course of antibiotics to prevent a post-op infection. If any stomach problems occur it would be best to take with food and use a probiotic while taking the antibiotic.

### Medicated Mouth Rinse

The medicated rinse that we prescribe is Peridex (generic form is Chlorhexidine Rinse). This rinse kills any bacteria that may be around the surgical sites and should be started the morning **after** surgery. When rinsing for the first 7 days, the rinsing should be done lightly. **No heavy swishing and spitting.**

For patients that have had surgery **WITHOUT BONE GRAFTING**: The rinse should be used morning and night for 7 to 10 days. For patients that have had surgery **WITH BONE GRAFTING**: The rinse should be used morning and night for two weeks and then an over-the-counter mouth wash that is preferably peroxide based should be used morning and night until seen for the post-operative check.