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## **Postoperative Pain Medication Instructions**

Listed below are the typical medications prescribed for postoperative pain management after joint replacement surgery. This does not necessarily mean that you will receive all of these medications, but if you do, this information can be very helpful. Pain after surgery is expected. The goal after surgery is not to be pain free, but to make it tolerable. Some pain is beneficial as it lets our bodies know what not to do. If you are not having significant pain, you do not need to take any of these medications.

### **Acetaminophen**

This medication is more commonly known as Tylenol. In and of itself it is not very potent but when combined with the other medications listed below can amplify overall pain management. Recommended to take this on a regular schedule.

### **Meloxicam**

This is an NSAID like ibuprofen or Aleve that you can take once daily. This particular NSAID has less chance of developing stomach or cardiovascular issues and can last all day. Recommended to take with food on a regular basis and should not be taken with prescription blood thinners.

### **Tramadol**

This is a narcotic analog pain medication. If the above pain medications do not provide adequate pain control this may be used.

### **Hydrocodone acetaminophen (Vicodin, Norco)**

Narcotic medication for "breakthrough pain". Breakthrough pain is an abnormal increase in pain that is not being well covered by the above medications.

### **Oxycodone**

This is a stronger narcotic medication for "breakthrough pain". Side effects of narcotics can include constipation, nausea, and itchiness. Make sure to stay well hydrated, be up and walk short distances frequently, and take over the counter stool softeners as long as you are taking narcotics.

### **Promethazine**

This is a nausea medication. It also has some other potential additional benefits such as increasing the narcotic effect of pain medication as well as improving sleep. You may want to take this medication even if you are not having nausea.

As your pain improves after surgery you can wean off narcotics gradually by increasing time between doses and/or decreasing amount (i.e. cutting tablets in half). Please reach out to Dr. Zechmann's team if you have any issues or concerns.