

Dr. Masini Post-Operative Pain Management Program

Oxycodone (opioid pain reliever) – prescription

- Dose: Take – 5-10 mg every 4-6 hours as needed for moderate to severe pain
- Instructions:
 - Take with food to reduce nausea
 - Do not exceed the prescribed dosage
 - Avoid alcohol and operating heavy machinery while taking
 - Use only as needed for breakthrough pain

Tylenol (acetaminophen, non-opioid pain reliever) – over the counter

- Dose: 500–1,000 mg every 6 hours regularly for first 7 days, then as needed for mild to moderate pain, not to exceed 4,000 mg per day.
- Instructions:
 - Use regularly for consistent pain relief as directed
 - Do not combine with other acetaminophen-containing medications (Excedrin, Fioricet, NyQuil, Midol, Mapap)

Ibuprofen (NSAID) – over the counter

- Dose: Take 600-800mg every 6-8 hours regularly for first 7 days, then as needed for pain and inflammation, not to exceed 3200mg per day.
- Instructions:
 - Take with food to avoid stomach irritation. Avoid use if you have a history of ulcers or kidney issues
 - May substitute as preferred, but do not combine with other NSAIDs (Advil, Motrin, Naproxen, Aleve, Celecoxib, Celebrex, Meloxicam, Mobic, Indomethacin)

Aspirin 81mg (DVT prophylaxis) – over the counter

- Dose: Take 81mg twice daily (morning and evening) for 28 days to reduce the risk of blood clots
- Instructions:
 - Take with food or a full glass of water to minimize stomach upset
 - Avoid other blood thinners unless advised by your physician

Zofran (Ondansetron, anti-nausea) – prescription

- Dose: Take 4-8 mg every 8 hours as needed for nausea
- Instructions:
 - Place orally dissolving tablets on the tongue or swallow tablets with water
 - Use at the first sign of nausea for best effect

Additional Notes

- Pain Management Schedule: Consider alternating acetaminophen and ibuprofen every 3-4 hours for steady pain control while minimizing opioid use
- Hydration and Diet: Stay hydrated and eat small meals to reduce medication-related side effects
- Use Stool Softeners as Necessary: Constipation can be a side effect of narcotic medication
- When to Contact Physician: If pain, nausea, or other symptoms are not well controlled, or if you experience any side effects such as excessive drowsiness, shortness of breath, or signs of bleeding