



OLYMPIA
ORTHOPAEDIC
ASSOCIATES PLLC

Your Life in Motion

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Post-op Medications

Below are the medications you will be prescribed 3-5 days prior to your surgery date; If you have any allergies to the medications listed, please let us know. We request you keep track of how many pills you have and submit a refill request via your patient portal 2-3 business days prior to running out of medication. If you have any questions regarding your medications, you can reach our office at 360-570-3460, ext. 3860. Please leave a brief message and we will return your call.

Meloxicam 15 mg tablets: Take 1 tablet by mouth every day for 30 days. Quantity #30.

This is an anti-inflammatory medication. This will replace any other anti-inflammatories such as ibuprofen or naproxen.

Oxycodone 5 mg tablets: Take one to two tablets by mouth every 4-6 hours as needed for severe pain. Quantity #22.

This is a higher strength pain medication to help when you have moderate to severe pain. You can start by taking 1 tablet every 4-6 hours. If you feel this is not helping, you can increase your dose to 2 tablets every 4-6 hours.

Tramadol 50 mg tablets: Take 1 tablet by mouth every 4-6 hours as needed for mild to moderate pain. Quantity #20.

This is a lower strength pain medication to help when you have mild to moderate pain and can be used to taper off the oxycodone.

Colace 100 mg capsules: Take 1 capsule by mouth 3 times a day as needed for constipation. Quantity #30.

This is a medication to help prevent constipation. MiraLAX (over the counter) can be added with Colace for constipation management as needed.

Ondansetron (Zofran) 4 mg disintegrating tablets: Take 2 tablets by mouth every 12 hours as needed for nausea. Quantity #20 with one refill.

This is an anti-nausea medication.

Aspirin 81 mg tablets (over the counter): Take 1 tablet by mouth twice per day for 8 weeks after surgery.

This is a blood thinner to help prevent blood clots.

Tylenol 500 mg tablets (over the counter): Take 2 tablets by mouth 3 times a day for 3 weeks after surgery.

This is a low strength pain medication that should be taken regularly to reduce the amount of high strength pain medication you need.