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Dr. Jeffrey Horinek Post-op Pain Management Protocol

In general, you will be given prescriptions for:

- 1) Oxycodone 5mg, 30 pills. 1-2 pills every 4 hours as needed for pain. Narcotics like oxycodone are used for pain but are addictive. Some studies say this can occur within 3 days. Do not take them with alcohol. You should aim to be off this within a few days or by the 2-week visit at the latest. Again, 1/3 of our patients do not require any narcotics after surgery. In the rare case a refill is needed, the number will be taken to 15 at the time of the refill. No more than 1 refill will be provided.
- 2) Neurontin (Gabapentin), 3 pills. 300mg. 1 pill every evening before bed 3 days after surgery. Begin the day AFTER surgery (if surgery is on Monday, take your first dose on Tuesday). This medication is used to reduce “neuropathic pain” but can be sedating which is why I only advise taking it at night. This medication is optional, and I recommend avoiding it if you have sleep apnea with a CPAP setting >10.
- 3) Zofran, 20 tabs. 4 mg. 1-2 pills every 4-6 hours as needed for nausea.
- 4) *Tylenol 500mg, over the counter. 2 pills every 8 hours, scheduled. Take this consistently and use the oxycodone for breakthrough pain. That way you can wean off of the oxycodone more quickly. It is important to take Tylenol and not ignore it as it works together with oxycodone.
- 5) *Ibuprofen 600mg, over the counter. three times per day for ONLY 5 days after surgery, beginning the night of surgery.
- 6) *Docusate Sodium: 1 tab twice daily per day while you are taking narcotic pain medication. This is a stool softener to help prevent constipation that occurs with narcotics. Take this before you develop constipation. In other words, start taking it right away. I recommend beginning to take this 2-3 days before surgery in fact. This medication can be obtained over the counter (does not require a prescription).

These medications will need to be obtained over the counter prior to your surgery

If you aren't on any narcotic medications prior to surgery, in general you will need these for pain control for about the first few days to 2 weeks at the most. When you no longer need narcotics, you can use Tylenol alone. *No narcotic prescriptions will be provided 4 weeks after surgery.* **NO REFILLS WILL BE PROVIDED ON THE WEEKENDS.** If you need a refill, please anticipate this and let us know early in the week.