



## **Primary Medication = (Hydrocodone), Vicodin, Norco, Lortab or (Oxycodone) Percocet**

- Take 1 - 2 tablets every 4 - 6 hours as needed
- Max of 12 pills per day
- Plan on using it for 2 to 5 days, depending on level of pain
- DO NOT take additional Tylenol (Acetaminophen) while taking Norco or Vicodin

For pain in between doses of Norco/Vicodin, take 2 - 3 (200mg tabs) of Ibuprofen, Advil or Motrin (every 4 - 6 hours)

## **Side Effects of Pain Medication**

- Constipation: Take whatever works for you
- Prune juice
- Senekot
- Colace or Periocolace
- Miralax
- Nausea: Take prescribed Zofran / Phenergan as needed

## **For surgeries of larger magnitude, some patients will be prescribed Oxycontin (10mg)**

- Take one tablet every 12 hours as needed for pain
- If given Oxycontin, Hydrocodone or Oxycodone will be used for pain in between doses (1 - 2 tablets every 4 - 6 hours as needed)

## **Physical Therapy:**

Therapy after your operation is very important and should begin 7-10 days after your surgery. Also, after your surgery takes place you should receive a list of exercises to do at home while you are waiting for your post operative appointment.