



Postoperative Surgery Medication Guidelines

You may be prescribed a combination of the below medications for your post-operative care. It is recommended that you take your prescriptions as instructed by your surgeon and as written on the bottle.

- Oxycodone-acetaminophen (Percocet) - Opioid - Pain
- Hydrocodone-acetaminophen (Norco) - Opioid - Pain
- celecoxib (Celebrex) - NSAID - anti-inflammatory
- Ibuprofen - NSAID - anti-inflammatory
- ondansetron (Zofran) - Nausea
- Promethazine (Phenergan) - Nausea/Severe Pain
- Senna-S - Stool Softener - Constipation
- Aspirin - Blood clot prevention
- Rivaroxaban (Xarelto) - Blood thinner - Blood clot prevention

Please allow 48-72 hours for any medication refills. If you have any questions on how these medications should be taken, please contact our office at 907-479-2663.

We recommend taking medication with food for easier digestion and prevention of nausea. If you have any problems with nausea, try the B.R.A.T. diet:

B=Banana

R=Rice

A=Applesauce

T=Toast (dry with no butter)

We highly recommend a family member or friend to help administer your medications for the first 48 hours of recovery to ensure that your medications are taken correctly.

If you have sleep apnea, make sure to use your CPAP especially while taking opioids.

PLEASE NOTE, THESE ARE GENERIC INSTRUCTIONS AND RECOMMENDATIONS. **FOLLOW YOUR SPECIFIC CARE INSTRUCTIONS.**