

SOUTHWEST BREAST & AESTHETICS

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| POST-OP MEDICATION LIST - PRESCRIPTION & OVER THE COUNTER | | | |
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| Medication | Dosing Instructions | Duration | Additional Notes |
| <p>oxycodone</p> <p>5mg oral tablet</p> | <p>Take 1 tablet by mouth every 4-6 hours</p> | <p>Only take this medication <u>as needed for break-through pain.</u></p> <p>The goal is to limit the use of this medication to instances when the non-narcotic pain medications listed below do not control your pain.</p> | <p>This is a narcotic pain medication. Narcotics can be dangerous, they are known to cause drowsiness and should not be mixed with alcohol. Due to the side effects, you should not drive or operate heavy machinery while under the influence of a narcotic pain medication.</p> <p>For our patients, narcotic drugs are rarely necessary beyond the initial postoperative period (while still in the hospital). Many of our patients report not needing any narcotics during their recovery.</p> |
| <p>ibuprofen*** (Advil, Motrin)</p> <p><i>If prescription:</i> 800mg oral tablet</p> <p>OR</p> <p><i>If over the counter:</i> 200mg oral tablet</p> | <p><i>If prescription:</i> Take 1 tablet (800mg) every 8 hours</p> <p>OR</p> <p><i>If over the counter:</i> Take 4, 200mg tablets (200mg x 4 tablets = 800mg) every 8 hours</p> | <p><i>If prescription:</i> Take as instructed for 5 days</p> <p><i>If over the counter:</i> Take as instructed for 5 days</p> | <p>***While we do send a prescription to your pharmacy for 800 mg ibuprofen tablets - some pharmacies will not fill this medication because it can be purchased over the counter. If your pharmacy does not fill the prescription for 800 mg ibuprofen tablets - you will need to purchase a bottle of ibuprofen 200 mg tablets over the counter.</p> |
| <p>acetaminophen***</p> | | | <p>***While we do send a prescription</p> |

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| <p>(Tylenol Extra Strength)</p> <p>500mg oral tablet</p> | <p>Take 2 tablets by mouth (500mg x 2 tablets = 1000mg = 1 gram) every 8 hours</p> | <p>Take as instructed for 3 days</p> | <p>to your pharmacy for 500mg acetaminophen tablets - some pharmacies will not fill this medication because it can be purchased over the counter. If your pharmacy does not fill the prescription for 500mg acetaminophen tablets - you will need to purchase a bottle of acetaminophen (Tylenol Extra Strength) 500mg tablets over the counter.</p> |
| <p><i>gabapentin</i> (Neurontin)</p> <p>100mg oral capsule</p> | <p>Take 2 capsules by mouth every 8 hours</p> | <p>Take as instructed for 3 days</p> | <p>This is a nerve pain medication used for suppression of nerve related pain associated with your surgery.</p> |
| <p><i>docusate sodium or Senna***</i> (Colace or senokot)</p> <p>100mg oral capsule</p> <p>***THIS MEDICATION MUST BE PURCHASED OVER THE COUNTER AT YOUR PHARMACY</p> | <p>Take 1-2 capsule by mouth every 12 hours</p> | <p>Begin the day you arrive home from the hospital and take as directed <u>until you have regular bowel movements</u></p> | <p>Even if you have regular bowel movements prior to having surgery, you are likely to experience post-operative constipation. Exposure to anesthetics and narcotics, alterations in your diet and fluid intake and reduced physical activity contribute to this constipation.</p> |