

SOUTHWEST BREAST & AESTHETICS

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DIEP/PAP FLAP POST-OP MEDICATION LIST - PRESCRIPTION & OVER THE COUNTER

Medication	Dosing Instructions	Duration	Additional Notes
<p>oxycodone</p> <p>5mg oral tablet</p>	<p>Take 1 tablet by mouth every 4-6 hours as needed for pain</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. Many of our patients report not needing any narcotics during their recovery.</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 narcotic pain medication.</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*** (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>***While we do send a prescription to your pharmacy for 500mg acetaminophen tablets - some pharmacies will not fill this medication because it can be purchased over the counter. You</p>

			will need to purchase a bottle of acetaminophen (Tylenol Extra Strength) 500mg tablets over the counter.
cyclobenzaprine (Flexeril) 5mg oral tablet	Take 1 tablet by mouth every 8 hours as needed	Take as instructed for 3 days	This is a muscle relaxant that will be given to you during the hospital stay and at home to alleviate the muscular pain and spasms associated with your surgery. This medication can make you drowsy and should not be mixed with alcohol. You should not drive or operate heavy machinery while under the influence of this medication.
gabapentin (Neurontin) 100mg oral capsule	Take 2 capsules by mouth every 8 hours	Take as instructed for 3 days	This is a nerve pain medication used for suppression of nerve related pain associated with your surgery.
enoxaparin (Lovenox) 40mg/0.4mL injectable solution per syringe	Inject 1 syringe subcutaneous into thigh once daily	Take as directed for 6 days, beginning the day you arrive home from the hospital (assuming you did not receive a Lovenox injection prior to discharge)	This is a blood thinner used for prevention of blood clots after surgery. You (or your caregiver) will administer 1 subcutaneous injection into your thigh daily for 6 days (starting when you arrive home from the hospital). During hospital admission, nursing staff should provide further instruction on how this is done.
docosate sodium or Senna*** (Colace & Senokot) 100mg oral capsule ***THIS MEDICATION MUST BE PURCHASED OVER THE COUNTER AT YOUR PHARMACY	Take 1 capsule by mouth every 12 hours	Begin the day you arrive home from the hospital and take as directed <u>until you have regular bowel movements</u>	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.