

# SOUTHWEST BREAST & AESTHETICS

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POST-OP MEDICATION LIST - PRESCRIPTION & OVER THE COUNTER LOG							
Medication	Sunday	Monday	Tuesday	Wednesda y	Thursday	Friday	Saturday
<b>***Record time of last dose</b>	Date	Date	Date	Date	Date	Date	Date
<b><i>ibuprofen***</i></b> (Advil, Motrin)  <i>If prescription:</i> 800mg oral tablet Take 1 tablet (800mg) every 8 hours for 5 days OR <i>If over the counter:</i> 200mg oral tablet Take 4, 200mg tablets (4 tablets = 800mg) every 8 hours for 5 days							
<b><i>acetaminophen***</i></b> (Tylenol Extra Strength)  500mg oral tablet Take 2 tablets by mouth (500mg x 2 tablets = 1000mg = 1 gram) every 8 hours for 3 days							
<b><i>gabapentin</i></b> (Neurontin)  100mg oral capsule Take 2 capsules by mouth every 8 hours for 3 days							

**POST-OP MEDICATION LIST - PRESCRIPTION & OVER THE COUNTER RECORD FORM**

<b>Medication</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesda y</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>***Record time of last dose</b>	Date	Date	Date	Date	Date	Date	Date
<b>oxycodone</b>  5mg oral tablet  Take 1 tablet by mouth every 4-6 hours							
<b>cyclobenzaprine</b> (Flexeril)  5mg oral tablet  Take 1 tablet by mouth every 8 hours as needed							
<b>Clindamycin vs Keflex</b> (antibiotic)  300mg oral tablet vs 500mg oral  Take 3 times a day for 7 days vs two times a day for 5 days							
<b><i>docusate sodium or Senna***</i></b> (Colace or Senokot)  100mg oral capsule  Take 1-2 capsule by mouth every 12 hours until regular bowel movements							

**\*\*\*These are over the counter medications**