

SOUTHWEST BREAST & AESTHETICS

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

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

Medication	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
***Record time of last dose	Date	Date	Date	Date	Date	Date	Date
oxycodone 5mg oral tablet Take 1 tablet by mouth every 4-6 hours							
cyclobenzaprine (Flexeril) 5mg oral tablet Take 1 tablet by mouth every 8 hours as needed							
docusate sodium or Senna*** (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**