

Medications

PRESCRIPTIONS	OVER THE COUNTER
<p>Tramadol (Ultram): Narcotic pain medication</p> <ul style="list-style-type: none"> • Can be taken every 4-6 hours. • Take as needed for pain that is uncontrolled by Motrin or Tylenol. • Do not drive while taking this medication. • Take medication with food. Taking medication on an empty stomach can lead to stomach upset. 	<p>Arnica Montana: Homeopathic supplement</p> <ul style="list-style-type: none"> • Used to reduce bruising, swelling, and inflammation • Pellets/Tablets: Take as directed for 1-2 weeks after surgery. • Gel/Cream: apply directly to skin after surgery. DO NOT apply directly to incision until healed (7 days post surgery).
<p>Robaxin (Methocarbamol): Muscle relaxant</p> <ul style="list-style-type: none"> • Can be taken every 6 hours. • Used to alleviate muscle soreness/tightness. 	<p>Bromelain with Quercetin: Homeopathic supplement</p> <ul style="list-style-type: none"> • Used to reduce bruising, swelling, and inflammation. • Tablets: take as directed for 1-2 weeks after surgery.
<p>Scopolamine Patch (Transderm scope patch): Anti-nausea</p> <ul style="list-style-type: none"> • Used to relieve nausea/vomiting caused by anesthesia • Apply patch behind earlobe the night before surgery. • Remove 12-24 hours after surgery. • May cause dry mouth and/or dizziness. If you experience these symptoms, report to nurse. 	<p>Advil/Motrin (Ibuprofen): Anti-inflammatory pain reliever **DO NOT USE FOR 1 WEEK POST-OP**</p> <ul style="list-style-type: none"> • Used to control pain and reduce swelling and inflammation. • Take <i>600 mg</i> (3 pills) every <i>6 hours</i> as needed OR • Take <i>800 mg</i> (4 pills) every <i>8 hours</i> as needed • Take medication with food. Taking medication on an empty stomach can lead to stomach upset.
<p>Zofran (Ondansetron): Anti-nausea</p> <ul style="list-style-type: none"> • Used post-surgery to relieve nausea caused by anesthesia. • Place tablet under tongue and let dissolve. • Can be taken every 6 hours as needed. • Can cause constipation. Use stool softener if you experience this. 	<p>Tylenol (Acetamenophen): Pain reliever</p> <ul style="list-style-type: none"> • Can use in conjunction with Advil • Take <i>650 mg</i> (two 325 mg pills) every <i>6 hours</i> as needed OR • Take <i>500 mg</i> (1 Extra Strength Tylenol) every <i>6 hours</i> as needed OR • Take <i>1000 mg</i> (2 Extra Strength Tylenol) every <i>8 hours</i> as needed
	<p>Colace/Miralax: Stool softener</p> <ul style="list-style-type: none"> • Used to prevent constipation caused by anesthesia post-surgery • Use in conjunction with narcotic pain medication and Zofran. These medications can cause constipation.

	<ul style="list-style-type: none">• Take as directed on label. May discontinue when bowels are regulated.
	<p>Magnesium Citrate/Mira-lax: Bowel prep</p> <ul style="list-style-type: none">• Used to cleanse bowels the day before surgery• Drink half of bottle in the morning, and the other half in the evening. (10-12 oz. bottle)• You will be on a liquid diet the day before surgery. This includes Jell-O, broth, popsicles, protein shakes, and fluids.• Your bowels should become liquid by the end of the day.