

## Medications

PRESCRIPTIONS	OVER THE COUNTER
<p><b>Tramadol</b> (Ultram): Narcotic pain medication</p> <ul style="list-style-type: none"> <li>• Can be taken every <b>4-6 hours</b>.</li> <li>• Take as needed for pain that is uncontrolled by Motrin or Tylenol.</li> <li>• Do not drive while taking this medication.</li> <li>• Take medication with food. Taking medication on an empty stomach can lead to stomach upset.</li> </ul>	<p><b>Arnica Montana</b>: Homeopathic supplement</p> <ul style="list-style-type: none"> <li>• Used to reduce bruising, swelling, and inflammation</li> <li>• Pellets/Tablets: take as directed for <b>1-2 weeks</b> after surgery.</li> <li>• Gel/Cream: apply directly to skin after surgery. <b>DO NOT</b> apply directly to incision until healed (<b>7 days</b> post-surgery).</li> </ul>
<p><b>Robaxin</b> (Methocarbamol): Muscle relaxant</p> <ul style="list-style-type: none"> <li>• Can be taken every <b>6 hours</b>.</li> <li>• Used to alleviate muscle soreness/tightness.</li> </ul>	<p><b>Bromelain with Quercetin</b>: Homeopathic supplement</p> <ul style="list-style-type: none"> <li>• Used to reduce bruising, swelling, and inflammation.</li> <li>• Tablets: take as directed for <b>1-2 weeks</b> after surgery.</li> </ul>
<p><b>Zofran</b> (Ondansetron): Anti-nausea</p> <ul style="list-style-type: none"> <li>• Used post-surgery to relieve nausea caused by anesthesia.</li> <li>• Place tablet under tongue and let dissolve.</li> <li>• Can be taken every <b>6 hours</b> as needed. Can cause constipation. Use stool softener if you experience this.</li> </ul>	<p><b>Advil/Motrin</b> (Ibuprofen): Anti-inflammatory pain reliever <b>**DO NOT TAKE FOR 1 WEEK POST-OP**</b></p> <ul style="list-style-type: none"> <li>• Used to control pain and reduce swelling and inflammation.</li> <li>• Take <b>400 mg</b> (2 pills) every <b>4 hours</b> as needed</li> <li><b>OR</b></li> <li>• Take <b>600 mg</b> (3 pills) every <b>6 hours</b> as needed</li> <li>• Take medication with food. Taking medication on an empty stomach can lead to stomach upset.</li> </ul>
	<p><b>Tylenol</b> (Acetamenophen): Pain reliever</p> <ul style="list-style-type: none"> <li>• Can use in conjunction with Advil</li> <li>• Take <b>650 mg</b> (two 325 mg pills) every <b>6 hours</b> as needed</li> <li><b>OR</b></li> <li>• Take <b>500 mg</b> (1 Extra Strength Tylenol) every <b>4 - 6 hours</b> as needed</li> <li><b>OR</b></li> <li>• Take <b>1000 mg</b> (2 Extra Strength Tylenol) every <b>8 hours</b> as needed</li> </ul>