



MONESMITH & WOOD

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POST SURGERY PAIN MEDICATION INSTRUCTIONS AND RECOMMENDATIONS

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Our practice believes in following the most up-to-date protocols for post-operative pain control. These protocols have been scientifically proven as the most effective means to control pain and discomfort.

Contrary to popular belief, narcotic pain medications are not the most effective means of controlling post-operative pain. Narcotics have also been shown to have a much higher addictive potential for certain people than previously thought in years past. These types of medications also cause the majority of unwanted medication side effects, such as post-operative nausea and vomiting, that we would like to avoid if possible.

Successful post-operative pain control is considered to be an approximate 50% decrease in pain. No pain medication can usually take away all post-operative pain. With the above issues in mind, our practice will usually NOT prescribe a narcotic pain medication for post-operative pain control.

PAIN MEDICATION INSTRUCTIONS

For surgeries performed under intravenous (IV) sedation, take your post-operative medications as follows:

1. Your first dose of pain medication will be administered through your IV prior to leaving our office.
2. When you get home, take one (1) 500mg over-the-counter Tylenol and your first antibiotic tablet (if prescribed).
3. Continue taking your antibiotics as prescribed until gone.
4. Four (4) hours later, take your first 10mg Torodol (Ketorolac) tablet with one (1) 500mg over-the-counter Tylenol.
5. Continue taking one (1) 10mg Torodol (Ketorolac) tablet with one (1) 500mg Tylenol tablet every 6 hours thereafter as necessary for pain.
6. If further pain control is needed after Torodol (Ketorolac) is finished, you may take 600 mg [three (3) 200mg over-the-counter tables] of ibuprofen with one (1) 500mg over-the-counter Tylenol every 6 hours. **DO NOT TAKE TORODOL (KETOROLAC) AND IBUPROFEN AT THE SAME TIME. YOU MUST HAVE DISCONTINUED TAKING THE TORODOL (KETOROLAC) BEFORE TAKING ANY IBUPROFEN**

If your surgery is performed under a local anesthetic or local anesthetic and nitrous oxide (laughing gas) only, take all medications as prescribed and take your first dose of each medication as soon as possible.