

Patient Name:

Patient DOB:

Dr. Gerlinger's Postoperative Medication Regimen for Hip and Knee Replacement Surgery

- You will take the first four medications below on a schedule (not as needed). Each medication works differently and together these work to manage your pain postoperatively. You will take **scheduled** Tramadol 100mg, Gabapentin 200mg, Tylenol 1000mg every 8 hours in addition to Meloxicam 15mg daily. Oxycodone 5mg is used **as needed**. In general, you will start with the scheduled regimen of Tramadol, Tylenol, and Gabapentin when you are home and Meloxicam can begin once daily in the morning. Please be sure to ice and elevate as this helps with pain management postoperatively. Commonly, we refill Tramadol and Tylenol as needed.
- Prescriptions are sent to your pharmacy for **all** medications below, however, the pharmacy does not always fill the three medications that can also be found over-the-counter which are Tylenol 500mg, Aspirin 81mg, and Sennokot. Please make sure you pick these medications up over-the-counter if not filled by the pharmacy.
- Begin all medications the night of surgery aside from Meloxicam and Tranexamic Acid which will begin the morning after surgery. Ondansetron and Oxycodone are as needed medications. If you having surgery at the hospital, you will start with the medication regimen once you are home from the hospital.
- Please note that your medication regimen may vary based on your medical history

Scheduled Pain Medications

1.	Tramadol 50mg	Take 2 tablets every 8 hours	Take these three medications scheduled for first 7-10 days. You can then switch to Tramadol 50-100mg and Tylenol 500-1000mg every 8 hours as needed after the first week. Please call the office for a Tramadol refill if needed. You will take Gabapentin scheduled for the first week. There is generally no indication to refill the Gabapentin after the first week.
2.	Tylenol 500mg		
3.	Gabapentin 100mg		
4.	Meloxicam 15mg	Take 1 tablet daily for 30 days	It is recommended that you finish Meloxicam daily for 30 days if tolerated. You can then use an over-the counter NSAID as needed or call for a refill of Meloxicam for one additional month.

As Needed Pain Medication

5.	Oxycodone 5mg	Take 1-2 tablets every 4-6 hours as needed for pain	Oxycodone is used as needed. You can avoid Oxycodone if pain is well-controlled with the scheduled regimen above. Please call for a refill if needed though generally not prescribed past 3-4 weeks post-op.
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Blood Thinner

6.	Aspirin 81mg	Take 1 tablet every 12 hours for 30 days	Aspirin is used twice daily for 30 days to prevent blood clots. You will be given specific instructions if your blood thinner is not Aspirin (ex: Eliquis, Xarelto)
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Antibiotic

7.	Cefadroxil 500mg OR Doxycycline 100mg	Take 1 tablet every 12 hours for 7 days	Cefadroxil or Doxycycline is used to prevent infection postoperatively. It is recommended that you finish this medication twice daily for 7 days, though you can stop the medication earlier if you do not tolerate.
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Bleeding/Bruising Prevention

8.	Tranexamic Acid (Lysteda) 650mg	Take 3 tablets together beginning the morning after surgery for 3 days (or when you arrive home from the hospital for 3 days)	Tranexamic Acid (Lysteda) is used to help with bleeding and bruising postoperatively. It is recommended that you take this medication for 3 days after surgery.
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Nausea

9.	Ondansetron 4mg	Take 1 tablet every 8 hours as needed for nausea	Take this medication only if you are experiencing nausea
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Stool Softener

10.	Sennokot	Take 1-2 tablets twice daily to prevent constipation	It is recommended that you take Sennokot twice daily after surgery to prevent constipation. You can add a laxative such as Miralax if constipation persists.
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PATIENT NOTES SECTION: