Tips

- Ask the nurse to schedule your pain pills (meaning, you get pain pills regardless if you are in pain so we are ahead of the game rather than catching up)
- It is usual to have pain, but it's MY goal to help make it so it is not miserable
 - We will work together to get it manageable
- If you feel you need more attention to your pain
 - o Ask the nurse to page Dr Park
- At home, if you are able to tolerate tramadol (Ultram), for the first 2-3 days home would alternate between Ultram and narcotic pain pill every 3 hours
- Make sure you take something for constipation (Colace, prune juice, milk of magnesium) as the pain pills makes people constipate

Home (same regimen as hospital without IV and celebrex)

Hospital

- 1) Ultram + IV morphine/dilaudid/fentanyl
- 2) Norco + IV morphine/dilaudid/fentanyl
- 3) Percocet + IV morphine/dilaudid/fentanyl
- 4) Oxycodone + IV morphine/dilaudid/fentanyl
- 5) Pain Service to help
- In addition
- 1) muscle relaxor (robaxin or flexeril or valium)
- 2) celebrex for inflammation
- 3) sometimes IV tylenol

Intraoperative

- IV pain medicine
- IV tylenol

Preoperative (before surgery)

- Oxycodone (for pain before it may begin)
- Celebrex (decrease inflammation)
- Steroid (decrease inflammation)