

# Medication Protocol for Dr. Shirley following Total Hip or Knee Replacement Surgery

It is very important that you are proactive in your pain control. Taking pain medicine before your pain level gets too high will keep your pain under better control, lessen the amount of pain that you have, and lower the need for stronger pain medication requirements.

Below is a list of medications that will be given to you as options following your surgery. If there is a medication on this list that was not prescribed and sent to your pharmacy it is because you have a contraindication and can cross it off this list.

## 1. Tylenol (Acetaminophen) 500mg Tablets

Unless contraindicated, you should take Tylenol 1000mg (2 tablets) every 6 hours after surgery for the first 2-4 weeks following surgery

## 2. Tramadol

This is a pain reliever (intermediate strength). You can take 1 or 2 of these tablets every 6 hours.

This should be combined with Tylenol as noted above and take together every 6 hours.

## 3. Dilaudid

This is a stronger narcotic pain medication. This medication can be taken as 1 or 2 tablets every 6 hours as needed for additional breakthrough pain. This can be used in between the Tylenol and Tramadol dosing noted above.

## 4. Lyrica (Pregabalin)

This is a non-narcotic pain reliever that helps with pain/sleep after surgery for patient < 70. This should be taken twice a day (in morning and evening) for 4 weeks unless contraindicated.

## 5. Meloxicam.

This is an anti-inflammatory that should be taken once daily in the morning with food for 4 weeks.

## 6. Baby Aspirin (81 mg) for Blood Clot prevention

This should be taken once in the morning and once in the evening for 6 weeks. Start the night of surgery

## 7. Ice

This should be used up to 8-10 times a day. Ice should be used for no longer than 30 minutes at a time and then removed for at least 30 minutes.

- All pain medications can cause constipation. It is important that you take both a bulking agent such as **Miralax** and stool softener such as **Colace** as soon as you are home from the hospital to prevent constipation.
- You should try and wean off your pain medication by 2-4 weeks after surgery

The above medications are subject to change based on allergies or side effects and may be adjusted by Dr. Shirley and his team as needed

## Example Daily Medication Schedule

**6 a.m.** (After a small snack)

- Dilaudid
- Tylenol (Acetaminophen) 1,000 mg

**8 a.m.** (After Breakfast)

- Lyrica
- Meloxicam
- Aspirin
- Tramadol

**10 a.m.**

- Dilaudid

**12 p.m. (noon)**

- Tylenol (Acetaminophen) 1,000 mg
- Tramadol

**2 p.m.**

- Dilaudid

**4 p.m.**

- Tramadol

**6 p.m.**

- Dilaudid
- Tylenol (Acetaminophen) 1,000 mg

**8 p.m.** (After Dinner)

- Tylenol (Acetaminophen) 1,000 mg
- Lyrica
- Aspirin
- Tramadol

**10 p.m.**

- Dilaudid

**2 a.m.** (If needed. Good sleep is more important than medication)

- Dilaudid
- Tramadol
- Tylenol (Acetaminophen) 1,000 mg

**\*\* As your pain subsides and you get further from surgery, begin to space out and then eliminate dilaudid, tramadol, and Tylenol—in that order. The goal is to not be on any narcotics two weeks after surgery.**

# Bowel Care and Constipation Prevention

Follow these steps to find relief and prevent constipation while taking opioids following surgery.

General Tips:

- Try standing and moving for 1 minute each hour
- Drink plenty of fluids (32 to 64 ounces every day)
- Limit taking opioids (oxycodone and dilaudid) as much as you can

Medications

The medications for constipation on this list are available over-the-counter at most drug or grocery stores.

## **Step 1: GET THINGS MOVING**

- TAKE 1 capful or packet of Miralax (polyethylene glycol) mixed with at least 8 ounces of water or juice 2 times daily, AND/OR
- TAKE 1 tablet of Senna-S (sennosides /docusate) 2 times daily.
- Once you are regular, you may adjust as needed (for example, stop Senna-S and continue Miralax)
- If you don't have a BM for a total of 3 days, move to Step 2

## **Step 2: KEEP THINGS MOVING**

- INCREASE Senna-S to 2 tablets 2 times daily, AND CONTINUE Miralax, taking 1 capful or packet mixed with at least 8 ounces of water or juice 2 times daily
- Once you are regular, you may adjust as needed
- If you don't have a BM for a total of 5 days, begin Step 3

## **Step 3: REALLY GET THINGS MOVING**

- ADD 1 dose (30 ml), of Milk of Magnesia (magnesium hydroxide).
  - If you are able to have a BM return to Step 2 until you are done using opioids or you have constipation or diarrhea
- If you don't have a BM within 8 hours,
- ADD 1 tablet (10 mg) of Dulcolax (bisacodyl) OR 1 rectal suppository.
  - If you are able to have a bowel movement return to Step 2.
- If you don't have a BM,
  - TAKE another dose of Milk of Magnesia and 1 tablet of Dulcolax.
  - If you are able to have a BM return to Step 2
- If you don't have a BM or have continued symptoms, move to Step 4

## **Step 4: REALLY, REALLY GET THINGS MOVING**

- TAKE ½ to 1 bottle of magnesium citrate
- Once you finally have a BM, return to Step 2
- If you don't have a bowel movement while you are using opioids or symptoms of constipation continue, call your doctor