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## **Post-Operative Enhanced Recovery Pain Protocol**

Your post-operative pain will be managed by a combination of non-opioid analgesic drugs as part of an evidence based approach to preventing pain after your surgery.

### **The night before surgery:**

Take 2 Celebrex\* (celecoxib) 200mg tablets by mouth at night

Take 2 Gabapentin (neurontin) 300mg tablets by mouth at night

Take 1 Zofran (ondansetron) 8mg Orally Disintegrating tablet placed under the tongue at night (to prevent nausea)

### **Post-Operatively:** *(Beginning once you are home from surgery)*

Take OTC Extra Strength Tylenol (500mg) every 4 hours as needed for pain

Take 1 Celebrex\* 200mg tablet at night (for pain)

Take 1 Gabapentin 300mg tablet at night (for pain)

### **The next day after surgery:**

Take 1 Celebrex\* 200mg tablet twice daily x 7days (for pain)

Take 1 Gabapentin 300mg tablet three times a day x 7days (for pain)

Start Medrol Dose Pack as directed on pack (to reduce inflammation)

Start your prescribed Antibiotic with food take until finished (to prevent infection)

Take OTC Extra Strength Tylenol (500mg) every 4 hours as needed (for pain)

For severe/breakthrough pain: Take Tramadol (Ultram) 50mg 1 tablet every 6 hours

\* If you have a sulfa allergy, you should be taking Naprosyn 250mg instead of Celebrex 200mg.

If you have any additional questions please do not hesitate to call our office at  
**713/795-0705.**