

### Sample Daily Pain Medication Schedule

- 6 am: Tylenol 1000 mg (Oxycodone, if needed)  
-Blood thinner
- 8 am: Mobic
- 9 am: Tramadol (if needed)
- 12 pm: Oxycodone (if needed)
- 2 pm: Tylenol 1000 mg
- 3 pm: Tramadol (if needed)
- 6 pm: Oxycodone (if needed)  
-blood thinner (if taken twice daily)
- 9 pm: Tramadol (if needed)
- 10 pm: Tylenol 1000 mg

**\*We recommend you take pain medication (oxycodone or tramadol) prior to physical therapy for the first few weeks, to allow you to do the exercises and enhance your recovery**

### MULTIMODAL PAIN CONTROL & CLOT PREVENTION

Day: 1 2 3 4 5 6 7 8 9 10 11

Narcotic _____												
NSAIDs/ Anti-inflammatories _____												
Tylenol/ Acetaminophen 1000 mg every 8 hours												
DVT medication blood clot prevention _____	AM PM	AM PM	AM PM	AM PM	AM PM	AM PM	AM PM	AM PM	AM PM	AM PM	AM PM	AM PM
<b>TAKE THESE MEDICATIONS AS NEEDED</b>												
Ondansetron (Zofran) 4 mg (for nausea)												
Stool softener _____												
Other _____												

#### **PAIN CONTRACT:**

Per our department protocol, every patient who undergoes surgery will sign a pain contract. We have designed this in conjunction with the state of Washington’s recommendations for appropriate use of opioids after surgery. Our intent is to adequately control your pain (ie take it from a 10/10 to a 3 or 4/10), but will unlikely eliminate all of your discomfort. You will receive an appropriate amount of pain medication and can request up to 2 refills in the 6 weeks after surgery. Keep in mind, our goal is to have you completely off opioids by about 2 weeks after surgery, with the exception of maybe needing them for physical therapy or to help you sleep.