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## PERI-OPERATIVE INSTRUCTIONS—PAIN MEDICINE PROTOCOL

### Minor Knee Surgery

#### Weeks 0-2

1. Norco (hydrocodone/acetaminophen) 5/325 mg (56 tabs) – Take 1-2 tabs every 6 hours AS NEEDED for pain.
  - You will get one refill at your first op appointment

#### **IF YOU ARE ALLERGIC TO HYDROCODONE YOU WILL BE GIVEN:**

- Percocet 5/325 (56 tabs) – Take 1-2 tabs every 6 hours AS NEEDED for pain
    - You will get one refill if needed at your first post op appointment.
2. Ibuprofen 600 mg – Take 1 tab 3 times a day

#### Weeks 3-6

1. Once you are out of the Norco or Percocet, you may receive a prescription for **Tramadol 50 mg** – take 1 tab every 6 hours as needed for pain.
2. You may start taking Tylenol as needed if you have **STOPPED** Norco or Percocet.
3. Continue taking Ibuprofen as needed.

#### Weeks 6+

1. Once Tramadol runs out you will need to control your pain with a combination of ice, Ibuprofen, and Tylenol.
2. At this point in your post-operative course you will no longer receive narcotics.

***\*\*\*It is suggested that you take Norco/Percocet/Tramadol as sparingly as possible, so that you allow for each prescription to last as long as possible. It is okay to start weaning or STOP these medications at any point in time.\*\*\****

***\*\*\*Be aware that some pharmacies or insurance carriers will only fill half the prescribed amount, we are working on a way to prevent this from happening.\*\*\****