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POST-OPERATIVE INSTRUCTIONS—PAIN MEDICINE PROTOCOL

Shoulder Surgery

Weeks 0-2

1. Oxycodone 5 mg or Norco (hydrocodone/acetaminophen) 5/325 mg (56 tabs) – Take 1-2 tabs every 4 hours AS NEEDED for pain
 - You will get one refill if needed at your first post op appointment
 - Be sure to conserve your medicine up until that first appointment
2. Tylenol 500 mg – Take 1 tab every 6 hours.
 - Do not take this medication if you are taking Norco; otherwise you will be taking too much Tylenol
3. Naproxen 500 mg – Take 1 tab every 12 hours with meals
4. Gabapentin 300 mg – Take 1 tab every 8 hours

Use Ice, Tylenol, and Naproxen as prescribed above regularly and use opioids (Oxycodone/Norco) for breakthrough pain relief.

Weeks 3-6

1. Once you are out of the Oxycodone or Norco, you may receive a prescription for Tramadol 50 mg – take 1 tab every 6 hours as needed for pain.
2. Continue Tylenol as needed for pain
3. Continue Gabapentin if needed
4. Continue taking Naproxen as needed

Weeks 6+

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

******It is suggested that you take Oxycodone/Norco/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.******

******It is safe to stop any of these medications “cold-turkey”, you will not suffer any symptoms of withdrawal***

******Be aware that some pharmacies will only fill half the prescribed amount, furthermore your insurance may not cover the entire prescription. We cannot dictate what your pharmacy or insurance does, so please be prepared for that road block******