

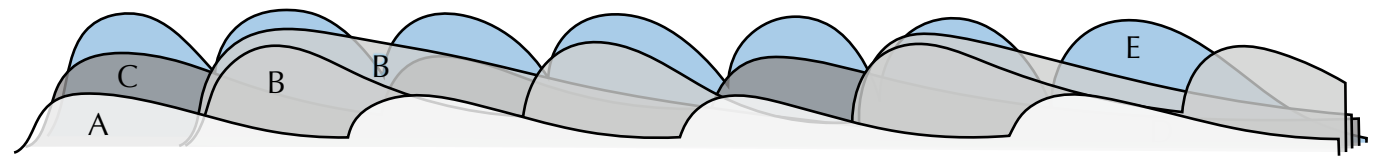
## PAIN MEDICATION PLAN

Managing your pain medications after surgery can be confusing. Plans work best when medications are combined safely to provide even pain coverage. Like a good recipe, the ingredients must be used together in balance. This approach is called multi-modal pain management. Here is a template to help you make a safe and easy plan that works.

**PICK ONE MEDICATION AT MOST FROM EACH GROUP A-E**

| Medication  |  | 6 am   | 9 am       | Noon       | 3 pm       | 6 pm       | 9 pm       | Midnight   | 3 am         |
|---|--|--|------------|------------|------------|------------|------------|------------|--------------|
| <b>A</b>  | <input type="checkbox"/> Tylenol (Acetaminophen) | 1000 mg  |            | 1000 mg    |            | 1000 mg    |            | 1000 mg    |              |
| <b>B</b>  | <b>NSAIDS</b>                                    | <input type="checkbox"/> Advil (Ibuprofen)*                      |            | 600 mg     |            | 600 mg     |            | 600 mg     | 600 mg (+/-) |
|   |  | <input type="checkbox"/> Aleve (Naprosyn)*                       |            | 220 mg     |            |            |            | 220 mg     |              |
|   |  | <input type="checkbox"/> Celebrex (Celecoxib)                    |            | 200 mg     |            |            |            | 200 mg     |              |
| <b>C</b>  | <input type="checkbox"/> Neurontin (Gabapentin)  | 300 mg   |            | 300 mg     |            | 300 mg     |            |            |              |
| <b>D</b>  | <input type="checkbox"/> Prilosec (Omeprazole)*  | 20 mg  |            |            |            |            |            |            |              |
| <b>E</b>  | <b>NARCOTICS</b>                                 | <input type="checkbox"/> Oxycodone                               | 5 mg (+/-) | 5 mg (+/-) | 5 mg (+/-) | 5 mg (+/-) | 5 mg (+/-) | 5 mg (+/-) | 5 mg (+/-)   |
|   |  | <input type="checkbox"/> Dilaudid (Hydromorphone)                | 2 mg (+/-) | 2 mg (+/-) | 2 mg (+/-) | 2 mg (+/-) | 2 mg (+/-) | 2 mg (+/-) | 2 mg (+/-)   |
|   |  | <input type="checkbox"/> Vicodin (Hydrocodone + Acetaminaphen)** | 0-2 tabs   |            | 0-2 tabs   |            | 0-2 tabs   |            | 0-2 tabs     |
| <p><i>Narcotics have the following issues and side effects: <b>less effective with repeated use</b>, itchiness, drowsiness, nausea, vomiting, constipation, respiratory depression and addiction. These are generally the least reliable pain medication, and should be used as a final ingredient, and as little as possible, if pain can be controlled with medications from Groups A-C. These are best taken with food (not on an empty stomach) and only as needed (+/-).</i></p> |  |  |            |            |            |            |            |            |              |

\* To prevent an upset stomach while taking Ibuprofen or Naprosyn, Prilosec can be taken once daily.



OVERLAPPING MEDICATIONS PROVIDE MORE EVEN PAIN CONTROL

**\*\* TYLENOL WARNING: MAX 1000 mg EVERY 6 HRS (4000 mg total daily)**

|   |        |    |        |    |           |    |             |
|---|--------|----|--------|----|-----------|----|-------------|
| Vicodin contains 325 mg acetaminophen.                        | 325 mg |    | 500 mg |    | 1 Vicodin |    | 1-2 Vicodin |
| Avoid acetaminophen overdose by using these safe combinations | 325 mg | or | 500 mg | or | 500 mg    | or | 325 mg      |
|   | 325 mg |    |        |    |           |    |             |

← Milder effect      Stronger effect →

