

## Patient Education Instructions for Total Joint Replacement

You have chosen to have an outpatient or an overnight total joint replacement. If you meet the qualifications for this approach, you will enjoy many benefits.

Today at your appointment, you were given prescriptions to treat your postoperative pain. It is important to take these medications as prescribed. The following scheduled will help you.

### **BEFORE surgery, please take these medications:**

- Ultram (tramadol) 50mg- 2 tabs
- Tylenol- Extra Strength (acetaminophen) 500mg- 2 tabs
- Neurontin (gabapentin) 100mg- 1 tab
- Mobic (Meloxicam) 15mg – 1 tab

### **AFTER surgery, this will be your pain management plan:**

- Ultram (tramadol) 50mg- 2 tabs, every 8 hours as needed for pain, limit 6 tabs daily
- Tylenol- Extra Strength (acetaminophen) 500mg- 2 tabs, every 8 hours as needed for pain, limit 6 tabs daily
- Neurontin (gabapentin) 100mg- 1 tab, 3 times daily for nerve pain (the prescription you received will last for 2 weeks after surgery and does not need to be refilled).
- Mobic (meloxicam) 15mg- 1 tab daily for 30 days, for irritation/inflammation (the prescription you will receive will be for 30 days and does not need to be refilled unless discussed with Dr. Antonacci).
- Aspirin 81mg 1 tablet by mouth, twice daily for 4 weeks after surgery. \*\*You may have been instructed on a different DVT prophylaxis, such as Xarelto, Eliquis, Warfarin, or Lovenox. Please refer to that prescribing physician for instructions.

**\*Prescribed for EMERGENCY Pain Relief ONLY:** Roxicodone (oxycodone) 5mg 1 tab every 12 hours as needed, for break-through pain\*\*This will NOT be refilled.

**Please keep your activity to a minimum!** This will prevent swelling. Do not be an “over achiever.” Please understand that high levels of activity are not essential for a successful joint replacement; in fact, the opposite is true.

Our patients are very important and communication is key. Please call if you have any questions or concerns 815-398-9491.



**Victor D. Antonacci M.D.**