



POST OP MEDICATION INSTRUCTIONS

Follow up appointment _____

In case of Emergencies or Concerns Text / Call: 561-485-7429

- 1. Cyclobenzaprine 5 mg tablet** (*Muscle Relaxer*)
Take 1 tablet by mouth every 8 hours as needed.
- 2. Cephalexin 500 mg capsule** (*Antibiotic*)
Take 1 capsule by mouth 3 times a day.
- 3. Ondansetron 4 mg disintegrating tablet** (*Antinausea – after surgery*)
Place 1 tablet under the tongue and let it dissolve. Take every 8 – 12 hours as needed.
- 4. Aprepitant 40 mg capsule** (*Antinausea – before surgery*)
Take 1 capsule by mouth the day of surgery with a sip of water.
- 5. Oxycodone 5 mg-325 mg tablet** (*For severe pain*)
Take 1 tablet by mouth every 6 hours as needed for pains.

If you are missing any of the above medications on your surgery day, please notify your recovery nurse prior to leaving the office.

POST OP MEDICATION INSTRUCTIONS

1. Prior to taking any medication, it is important to consume a light meal, preferably one that includes simple carbohydrates.
2. After dinner, take one dose of the prescribed antibiotic. However, before taking any pills at home, make sure to eat something like toast, crackers, or bone broth. It is advisable to avoid heavy meals. Taking medication with food in your stomach can help prevent nausea.
3. If you have been prescribed a muscle relaxer such as Flexeril/Cyclobenzaprine, you can safely take it along with Tylenol. These medications act on different receptors and can be taken together as directed. We recommend that you take two Tylenol 500mg tablets every 6 hours as needed and the muscle relaxer before bedtime.
- 4. Do not take the muscle relaxer and prescription narcotic together unless otherwise instructed by your doctor.**
5. Tomorrow, you should resume taking the antibiotics as instructed on the bottle. Remember to take them with food and space the doses evenly throughout the day.
6. Due to the effects of anesthesia and post-operative medications, you may experience changes in your bowel habits that could result in constipation. To prevent this, it is important to drink plenty of water, eat fruits and vegetables, and walk around the house every hour while you are awake. It is important for you to begin taking a stool softener such as Colace or Smooth Move Tea, after surgery. This will help with constipation. Additionally, adding a probiotic to your routine can help normalize gut flora. If you do not have a bowel movement for more than 3 days after surgery, please let us know.
7. **Do not drive.** While taking prescription narcotics or muscle relaxers that may impair your judgment and reaction time, it is important not to drive. Ensure your safety by refraining from driving until you are no longer taking these medications.
- 8. Light walking after surgery can help minimize the formation of blood clots in your veins. You should begin walking on the day of your surgery.**

Please TEXT / CALL: 561-485-7429 with any emergencies.

On the weekends, we are happy to be here for you for any post-operative emergency. However, we ask that you limit communication only to post-operative emergencies. Any non-clinical or non-urgent questions will be answered during normal business hours.