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Dr. Brian White - Discharge Medication Instructions

Below is a list of medications you may be going home on after surgery. Specific instructions will be given by your nurse before you go home.

- ❖ **Blood Thinner:** You will be on a blood thinner (Ecotrin 325mg or Lovenox) to prevent blood clots.
 - Ecotrin can be purchased over the counter.
 - If the combination of Aspirin and Naproxen is difficult for your stomach, please take an over the counter Prilosec or Prevacid while you are on these medications.
- ❖ **Naproxen:**
 - It is used for hip arthroscopies to limit the chance of hip flexor tendonitis & bone formation in the muscle
 - It is NOT used in total hip replacements. NSAIDS (Ibuprofen, Advil, Motrin, Naproxen, Diclofenac) should be avoided after surgery for 4-6 weeks.
- ❖ **Stool Softener/Colace:** Pain medications can cause constipation. Drink plenty of caffeine free fluids and eat fiber while on pain medications. This can be purchased over the counter.
- ❖ **Nausea medication:** To be used as needed.
- ❖ **Pain Medication:**
 - Take pain medications with food.
 - Typically patients go home with one long acting and one short acting pain medication.
 - Examples of long acting pain medications are: Oxycontin and MS Contin
 - Examples of short acting pain medications are: Norco, Percocet, Dilaudid
 - Begin weaning off at about 48-72 hours after discharge as you can tolerate.
 - Continue the long acting pain medication until it is gone.
 - Start tapering the short acting pain medication 48-72 hours after discharge. First drop the dose (1 pill instead of 2) and continue every 4 hours. Then begin to spread the time in between doses to 5 or 6 hours, progressing day by day. You can then begin substituting Tylenol 650mg in place of pain medications.
 - DO NOT drive while on pain medication.
 - DO NOT drink alcohol while on pain medication.
 - DO NOT take extra Tylenol while on pain medications while many of them already contain Tylenol. (Tylenol in excess of 3,000mg daily, or combined with alcohol can cause irreversible liver damage.)
 - Please note: Narcotics are HIGHLY ADDICTIVE pain medications. They can create constipation and lethargy. They must be used with caution. The body can adapt to them, and in order to achieve pain relief, the body may require increasing doses and ultimately become dependent on them. For these reasons, Dr. White prescribes narcotic medications with caution. They are prescribed for acute pain, but should be tapered and used sparingly.
 - Also note: It is the strict policy of Dr. White's office that narcotics and other pain medications will NOT be refilled on weekends or after hours. As well, to avoid creating an addiction, Dr. White will only provide 1 refill of your short acting pain medication.
- ❖ For women using hormonal Birth Control or HRT (Hormone Replacement Therapy): Most often you can continue to take it postoperatively. However, due to increased risks of blood clots with birth control or HRT, as well as during the postoperative phase, you may need to discontinue the therapy for several weeks. It is best to consult your primary care provider, or gynecologist regarding the risks and benefits of their continued use while you recover.