

Pre-and Post-Operative Pain Control

Pre-op instructions

- Take Extra strength Tylenol (500mg) 2 pills before bedtime the night before surgery.
- Do not eat or drink after midnight the night before surgery.
- Do not eat or drink anything in the morning before coming to surgery.

Post-op instructions

- Take Extra Strength Tylenol (500mg) 2 pills every 6 hours for 3 days
- You may take Ibuprofen 2 pills (400mg) every 6 hrs.
- Alternate the ibuprofen with the Tylenol, taking something every 3 hrs.

For example:

| | |
|----------------------|-------------------------|
| 6 a.m. – 2 Tylenol | 6 p.m. – 2 Tylenol |
| 9 a.m. – 2 Ibuprofen | 9 p.m. – 2 Ibuprofen |
| 12 noon – 2 Tylenol | 12 midnight – 2 Tylenol |
| 3 p.m. – 2 Ibuprofen | |

You will be prescribed a narcotic pain medication (Oxycodone) for severe breakthrough pain. This is only to be used if the Tylenol and Ibuprofen are not controlling your pain.

If you must take narcotic pain medication, only take a maximum of 1 pill every 6 hours. Start by taking ½ pill to see if that is enough to control your pain.

Narcotic pain medication is only to be used “as needed”. Do not take it unless you absolutely need it.

*Do not take Ibuprofen or NSAIDS if you have kidney disease or are allergic to NSAIDS.

Safely store opioids out of reach of small children, teens, and pets.

Once you have recovered from surgery, find a local place to SAFELY dispose of unused opioids.

- Gainesville Justice Center – drop box for unused prescriptions in the lobby
701 Queen City Parkway, Gainesville
- Hall County Sheriff's office
2859 Brown's Bridge Rd, Gainesville
- CVS Pharmacy
103 Jesse Jewell Parkway SE, Gainesville