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Post-Operative Pain Medications

Medication	How to use	What is it used for?
Ketorolac 10 mg	1 tablet every 6 hours while awake until finished	Anti-inflammatory & Pain Control
Oxycodone 5 mg	1 tablet every 6 hours as needed	Pain Control
Acetaminophen (Tylenol) 650 mg	1-2 tablet(s) every 8 hours as needed	Pain Control

Tips:

- Take Ketorolac with food to avoid stomach upset
- If you are prone to heartburn/acid reflux, you may wish to take an over-the-counter proton pump inhibitor (PPI) such as Prilosec (or generic omeprazole) while taking Ketorolac
- To avoid constipation while taking Oxycodone, stay hydrated, eat healthy foods, and try taking an over-the-counter stool softener such as Colace (or generic docusate sodium)
- We recommend alternating the Ketorolac and Oxycodone doses every 3 hours for more consistent pain control (instead of taking both medications at the same time)
 - EXAMPLE SCHEDULE:
 - 9:00 AM: Ketorolac
 - 12:00 PM: Oxycodone
 - 3:00 PM: Ketorolac
 - 6:00 PM: Oxycodone
 - 9:00 PM: Ketorolac
 - And so on...
- If the Ketorolac and Oxycodone are not enough to manage your pain, try taking the Acetaminophen as well (1-2 pills every 8 hours)