BRIAN GILMER, MD
Knee Surgery | Sports Medicine | Patient Education
briangilmermd.com

GILMER THE KNEE MD | PATIENT RESOURCE

Consolidated Postoperative Medication List

A plain-language version of commonly prescribed orthopedic postoperative medications, with the prescribing options preserved.

> **How to use this list**
> This is a **reference list, not a personal prescription**. You may receive only some of these medications. If there are two options, they are **alternatives**, not instructions to take both. Use your discharge instructions and prescription labels to know what to take, how much, and when. “Tablets supplied” describes the number of pills in a prescription, not the number to take at one time.

> **Very important if you already take a blood thinner**
> Our team reviews existing medications carefully, but errors can occur. If you already take a long-term blood thinner (for example, apixaban/Eliquis, rivaroxaban/Xarelto, or warfarin), **do not add aspirin or another blood thinner** to your current regimen without confirming the plan with your surgical team. Do not independently stop your usual medicine.

1. Pain Relief - Non-Opioid Medications

Acetaminophen (Tylenol) - Two Options

- Option 1: **500 milligram tablets; 100 tablets supplied.** Take **2 tablets (1,000 milligrams) by mouth every 8 hours** on a regular schedule for the first 3 days after surgery. After that, take 2 tablets every 8 hours **as needed for pain**.
- Option 2: **325 milligram tablets; 100 tablets supplied.** Take **2 tablets (650 milligrams) by mouth every 6 hours as needed for pain**.

Choose only the tablet strength prescribed for you; do not take both options together.

Suzetrigine (Journavx) - 50 milligram tablets; 30 tablets supplied

- Take **1 tablet by mouth every 12 hours**.

Loading-dose clarification: Journavx normally begins with a 100-milligram loading dose. At Mammoth Hospital and Northern Inyo Hospital, the initial loading dose is commonly given while at the facility. Confirm your first dose at home with your discharge instructions; do not repeat the initial dose unless instructed.

2. Pain Relief - Opioid Medications

Oxycodone - 5 milligram tablets; quantity to be determined

- Take **1 tablet by mouth every 6 hours as needed for pain**.

3. Anti-Inflammatory Medication

Meloxicam (Mobic) - Two Options

- Option 1: Take **7.5 milligrams by mouth once daily for 28 days**.
- Option 2: Take **15 milligrams by mouth once daily for 28 days**.
- Take with food.

This medication belongs to a class called nonsteroidal anti-inflammatory drugs. Take only the dose selected by your surgical team.

4. Corticosteroid Medication

Dexamethasone - 4 milligram tablets

- Take **1 tablet by mouth once daily for 4 days**.
- Begin the morning after surgery, and take with food.

Prescribing consideration: Your clinician may decide not to prescribe this for patients with diabetes or those older than 75.

5. Antibiotics - Infection Prevention

Cephalexin (Keflex) - 500 milligram capsules

- Take **1 capsule by mouth four times daily for 3 days**.

Cefadroxil - 500 milligram tablets or capsules

- Take **1 tablet or capsule by mouth twice daily for 7 days**.

Doxycycline - 100 milligram tablets or capsules

- Take **1 tablet or capsule by mouth twice daily for 14 days**.

Trimethoprim-Sulfamethoxazole (Bactrim Double Strength) - 800 milligrams sulfamethoxazole / 160 milligrams trimethoprim per tablet

- Take **1 tablet by mouth twice daily for 7 days**.
- Alternative antibiotic when indicated because of an allergy.

Clindamycin - 300 milligram capsules

- Take **1 capsule by mouth every 6 hours for 7 days**.
- Alternative antibiotic.

6. Blood Clot Prevention

Aspirin - 81 milligram tablets

- Take **2 tablets (162 milligrams total) by mouth once daily**. Prescription may provide up to a 30-day supply.
- **Duration options:** Sports medicine procedures: **14 days**; joint replacement surgery: **28-30 days**; alternative regimen: **21 days**.
- Begin the morning after surgery (the first postoperative day).

Enoxaparin (Lovenox) - 40 milligrams

- Inject **40 milligrams under the skin once daily for 14 days**.

7. Medication to Reduce Bleeding

Tranexamic Acid - 650 milligram tablets; Two Options

- Option 1: Take **1 tablet by mouth twice daily for 7 days**.
- Option 2: Take **2 tablets by mouth three times daily for 3 days**.

Prescribing consideration: The original protocol included withholding this medicine for patients already taking long-term blood thinners when requested by the hospital-based medical team. Your surgical team determines whether it is appropriate for you.

8. Nerve-Related Pain Medication

Gabapentin - 300 milligram capsules

- Take **1 capsule by mouth at bedtime for 7 days**.
- Begin the night of surgery.

Prescribing consideration: Your clinician may withhold or adjust this medicine for abnormal kidney function or for patients older than 75.

9. Muscle Relaxant

Methocarbamol (Robaxin) - 750 milligram tablets; 15 tablets supplied

- Take **1 tablet by mouth up to three times daily as needed for muscle spasm**.

10. Medication for Nausea

Ondansetron (Zofran) - 4 milligram tablets; 12 tablets supplied

- Take **1 tablet by mouth every 8 hours as needed for nausea or vomiting**.
- May be prescribed as a regular tablet or an **orally disintegrating tablet** (a tablet that dissolves on your tongue).

11. Stomach Protection

Omeprazole (Prilosec) - 20 milligram capsules

- Take **1 capsule by mouth once daily for 14 days**.

Prescribing consideration: In the original protocol, this medication is not prescribed when both meloxicam and dexamethasone are not being used.

12. Constipation Prevention

Docusate Sodium (Colace) - 100 milligram capsules; 30 capsules supplied

- Take **1 capsule by mouth twice daily as needed for constipation**.

> **Questions about your medication plan?**
> Contact Mammoth Hospital Orthopedics at **(760) 924-4084** or Northern Inyo Orthopedics at **(760) 873-2605**. If your instructions conflict or you are unsure whether to combine medicines, ask your surgeon or pharmacist **before taking the dose**.

This patient-friendly list translates a consolidated prescribing reference. It is not an instruction to take every medicine listed and does not replace personalized discharge orders.