



Post-Operative Medication Log

Medication Log — First 24 Hours

Time	Tylenol	Ibuprofen	Opioid	Robaxin	Journavx	Aspirin/Blood Thinner	Keflex (antibiotic)
Home time: _____							
+ 3 hrs: _____	☐						
+ 6 hrs: _____		☐	☐	☐			☐
+ 9 hrs: _____	☐						
+ 12 hrs: _____		☐	☐	☐	☐		☐
+ 15 hrs: _____	☐						
+ 18 hrs: _____		☐	☐	☐			☐
+ 21 hrs: _____	☐						
+ 24 hrs: _____		☐	☐	☐	☐	☐	☐

Medication Instructions

Tylenol / Acetaminophen

Purpose: Baseline pain control.

Take: Acetaminophen 1000 mg every 6 hours

Maximum: Do not exceed 4000 mg per day from all sources.

Important: Some opioid medications contain acetaminophen, including Norco and Percocet. If your opioid contains acetaminophen, that amount counts toward your daily maximum. Do not accidentally double-dose Tylenol.

*After the first several days, decrease to: Acetaminophen 1000 mg every 8 hours, maximum 3000 mg per day, unless otherwise instructed.

Ibuprofen / Advil / Motrin

Purpose: Helps with inflammation, swelling, and pain.

Take: Ibuprofen 600 mg every 6 hours as needed (most commonly this is 3 x 200mg OTC tablets)

Take with food or milk to reduce stomach upset.

Do not take ibuprofen or other NSAIDs if you have been told not to, including a history of:

- Stomach ulcer or GI bleeding
- Kidney failure or significant kidney disease
- Blood thinner use unless cleared by your surgeon
- NSAID allergy
- Other medical reason your physician has told you to avoid NSAIDs

*If you had bony work, including fracture surgery, osteotomy, ligament or tendon repair/reconstruction, or other bone-healing procedures, there is some concern about delayed bone healing. Generally, the benefits outweigh the risks but you choose or may be asked to avoid anti-inflammatory medications in some cases.

Opioid Pain Medication: Oxycodone or Hydrocodone

Purpose: Opioids are for breakthrough pain only.

Breakthrough pain is expected as the nerve block or numbing medication wears off. You may need opioid medication during this period, especially during the first 24–72 hours. Take only as prescribed.

Important:

- Do not drive while taking opioids.
- Do not drink alcohol while taking opioids.
- Stop or reduce opioids as soon as pain is controlled.
- Watch for excessive sleepiness, confusion, dizziness, nausea, constipation, or slowed breathing.
- If your opioid contains acetaminophen, count that toward your daily Tylenol limit.

For severe breakthrough pain, your care team may instruct you to take 1-2 tablets every 4–6 hours temporarily. Do not increase the dose unless instructed.

Robaxin / Methocarbamol

Purpose: Muscle spasm, tightness, pain.

It is most useful when pain feels like cramping, tightness, guarding, or spasm.

Take: 1 tablet every 6 hours as needed for muscle spasm

Robaxin can cause drowsiness. Be careful combining it with opioids, alcohol, or other sedating medications.

Journavx / Suzetrigine

Purpose: Journavx is a newer non-opioid pain medication used for moderate-to-severe acute pain after surgery. If Journavx is prescribed, you will usually receive the first dose at the hospital.

Take: 1 pill with breakfast and 1 pill with dinner until the pills are gone

This medication can be taken as part of your overall pain plan with Tylenol, ibuprofen when allowed, Robaxin, and opioid medication if needed. It is not an opioid and is not meant to replace your blood thinner or aspirin.

Important notes:

- Journavx is new and may not be covered by all insurance plans yet.
 - Cost may be prohibitive for some patients.
 - Avoid grapefruit while taking Journavx.
 - Tell your care team about all medications you take, because certain medications can interact with Journavx.
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Aspirin or Blood Thinner

Purpose: Aspirin, or occasionally a different blood thinner, is prescribed specifically to help prevent blood clots after surgery. This is separate from your pain medication.

Take: 162 mg once daily as prescribed until all pills are gone, unless your surgical team tells you to stop.

*Do not skip this medication just because your pain is improving.

Keflex (Antibiotic)

Antibiotics are provided as a prophylaxis to reduce infection risk for the first several days after surgery.

These can cause reactions or trigger allergies such as rash, hives, stomach upset or rarely shortness of breath and throat swelling

Discontinue use if you develop a reaction and take with food.
