

## **Pain Control Medications for Dr. Shukla's Shoulder Replacement Surgery Patients**

**A 72-hour pain nerve block is usually given just prior to surgery so that most patients do not experience the peak pain level on day 2. After that our typical protocol is:**

- 1) Ketorolac – 10 mg tab, 3 times daily for 3 days**
  - a. This is the strongest pain reducer, even though it is an NSAID
  - b. Do not take with blood thinners, but can resume blood thinners afterwards
- 2) Percocet (opiate)**
  - a. 10 mg tablet – take only if needed for severe pain over 7 out of 10 after taking the ketorolac.
  - b. Start with a half tablet, wait 30 minutes, take other half if pain still over 7 out of 10
- 3) Keflex (antibiotic)**
  - a. Usually only prescribed to patients who discharge same-day
  - b. Overnight patients receive this in hospital

When you are in acute moderate-to-severe pain (fracture pain, post-operative pain) it is easier to manage pain if the pain is maintained at a low level.

### **Some helpful tips include:**

- Stick to a schedule for 48-72 hours helps to manage pain well.
- Using several different medications in combination is also helpful.

### **Acetaminophen Extra Strength 500 mg (Tylenol/APAP)**

- Two 500mg pills per dose
- May take up to 3 times a day

**Anti-inflammatories:**

**\*\*Do not take if you have a history of gastric ulcers or have been told by your kidney doctor that you should not take anti-inflammatory medicine\*\***

**Please also discuss with me if you are having surgery within 7 days or have just had surgery.**

- Ibuprofen/Motrin 600 mg per dose. May take up to 3 times daily.
- Naproxen (Aleve) 1 pill twice daily
- Naproxen Prescription Strength - 500 mg 1 pill twice daily.
- Diclofenac 75 mg -1 pill twice daily
- **Ketorolac 10 mg – 1 tablet 3 times daily with meals**

**Muscle Relaxants (Patient may transition to this after 3-5 days, depending on progress)**

- Cyclobenzapril; 10 mg - 1/2 pill at bedtime.  
(Can cause sedation so do not take during the day unless it does not cause you drowsiness)
- Zanaflex
- Benzodiazepines; Diazepam- 2mg/5mg/10mg usually used at bedtime due to associated sedation.

**Narcotic Medications**

- Tramadol
- Oxycodone - Percocet, Oxycodone/APAP
- Hydrocodone; Norco, Hydrocodone/APAP
- Oxycontin, oxycodone

**Nerve pain medications**

- Gabapentin
- Lyrica
- Amitriptyline (Always take with food.)