

Instructions for Taking Medications after Surgery

(Ibuprofen / Extra Strength Tylenol, Tramadol & K-Flex)

We are providing you with the following prescriptions, these will need to be filled within 3-4 hours after your surgery.

- * 500mg K-flex which is an antibiotic to prevent infection
 - * 800mg Ibuprofen for inflammation and pain
 - * 50mg Tramadol for threshold pain
 - * 25mg Promethazine for nausea sometimes caused by Tramadol
- *you will also need to purchase over the counter Extra Strength Tylenol**



Taking the pain medication is very simple. Start by taking one 800 mg Ibuprofen within 3-4 hours after your surgery. Then take 1000 mg of Tylenol **3hrs** after your first dose of Ibuprofen. Continue alternating the Ibuprofen and Tylenol every 3 hours. If you will alternate these two medications every 3 hours you should be able to stay ahead of the pain.



However, if the Ibuprofen and Tylenol are not taking care of the pain, we recommend that you fill the Tramadol and Promethazine and begin taking them together every 6 hours as needed for the pain. Tramadol can make some patients nauseous, but the Promethazine will counteract the nausea caused by the Tramadol.

Not all patients will need the Tramadol, however if the Ibuprofen and Tylenol are not taking care of the pain, then we recommend moving to Ibuprofen and Tramadol instead of Ibuprofen and Tylenol.

(Example: 12:00pm take the Ibuprofen, at 3:00pm take the Tramadol, 6:00 Ibuprofen)



You will also be prescribed 500mg Cephalexin as an antibiotic. You will need to take the antibiotic every 6 hrs until the entire bottle is gone regardless of pain or swelling. **It is very important that you finish your antibiotic to avoid infection.**

MOST IMPORTANTLY, PLEASE CALL OUR OFFICE IF YOU ARE NOT ABLE TO MANAGE PAIN 435-652-1243 OR HAVE ANY ISSUES WITH THE PRESCRIPTIONS