
Post-Operative Instructions for Total Joint Replacement

You have chosen to have an outpatient or overnight total joint replacement. Today at your appointment, you were given prescriptions to treat your post-operative pain. It is important to take these medications as prescribed. The following schedule will help you:

Night Before surgery at 9pm take the following:

- Ultram (Tramadol) 50mg, take 2 tablets
- Tylenol-Extra Strength (Acetaminophen) 500mg, take 2 tablets
- Neurontin (Gabapentin) 100mg, take 1 tablet

After Surgery – these medications are to be taken regularly and around-the-clock

- Ultram (Tramadol) 50mg, take 1-2 tablets at 6am, 1-2 tablets at 2pm and 1-2 tablets at 10pm (limit 6 tablets per day)
- Tylenol-Extra Strength (Acetaminophen) 500mg, take 1-2 tablets at 6am, 1-2 tablets at 2pm and 1-2 tablets at 10pm (limit 6 tablets per day)
- Neurontin (Gabapentin) 100mg, , take 1 tablet at 6am, 1 tablet at 2pm and 1 tablet at 10pm
- Mobic (Meloxicam) 15mg once daily at 6am
- Aspirin 325mg, take 1 tablet once daily at 6am for the prevention of blood clots
- Keflex 500mg, 1 tablet at 6pm, 1 tablet at 12am, 1 tablet at 6am, and 1 tablet at 12pm the first 24 hours after surgery
- Colace 100mg (stool softener), take 1 tablet at 6am, take 1 tablet at 2pm, take one tablet at 10pm
- Omeprazole (Prilosec OTC) 20mg once daily at 6am

Please keep your activity to a minimum! This will prevent swelling. Please understand that high levels of activity are not essential for a successful joint replacement.

The compression stockings are important for the prevention of swelling and blood clots. These may be difficult to manage, but are important and to be worn at all times.

The dressing is waterproof thus you may shower, however; do not soak the surgical site. You may remove the dressing 10 days after your procedure. Please contact the office if your bandage is open or leaking.

Please call Amy at 815-398-9491 (Dr. Barba's Clinical Lead) with any questions or concerns.



Mark Barba M.D.