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## **Post-Operative Pain Management**

The medications prescribed for post-operative pain are to be used as needed, not scheduled. Some pain medications, including Norco (hydrocodone) and Dilaudid (hydromorphone) are habit forming and should be stopped as soon as possible.

You may alternate your pain pill with Tylenol/ Acetaminophen for breakthrough pain (daily limit of Tylenol/Acetaminophen is 4,000mg) as needed. Do not take your pain pill (ex: Norco, Dilaudid, Tylenol #3) and your muscle relaxer (Flexeril, Soma) at the same time. These medications should be spaced 2-3 hours apart.

You should contact us as early as possible if you need a prescription refill, as some pain medications cannot be called into the pharmacy. Please keep a daily log of how often you are taking your medications and how much you have left. Typically, we need to be notified 24-48 hours in advance for refills. Medication refills will only be authorized during normal business hours: Monday through Thursday from 8:00am – 4:00pm and Friday from 8:00am – 12:00pm.