

Post-operative Medication Instructions

General/Orthopaedic Surgery – Adults/Adolescents

Accurately record drugs administered in an analgesia diary to avoid dose duplication.

Analgesia Options

- 1) Paracetamol 1000mg – dosing interval 6 hours (**See below if Wt < 60kg)
- 2) Ibuprofen (Nurofen/Rapen) 200-400mg – can be given every 6-8 hours.
- 3) Oxycodone 5-10mg – for severe pain. Dose as prescribed. (Supplied as Endone or Oxynorm)
- 4) Tapentadol (Palexia) 50mg. Dose as prescribed and take in addition to or as substitution for oxycodone described below.

For mild-moderate pain – give regular paracetamol (1000mg) **and** ibuprofen (400mg). Ideally overlap and alternate the drugs to permit something to be given every 3-6 hours.

Example – Paracetamol @ 2pm, Ibuprofen @ 5pm, Paracetamol @ 8pm, Ibuprofen @ 11pm

For moderate-severe pain – take Oxycodone 5-10mg every 3-4 hours. Start with 5mg to monitor for side effects (nausea and sleepiness). This may be taken in addition to regular paracetamol and ibuprofen. This medication may cause drowsiness so do not drive/operate machinery whilst requiring strong painkillers.

Anti-inflammatory Options

You may be prescribed an anti-inflammatory other than ibuprofen described above. Do not take ibuprofen in addition to any prescribed anti-inflammatory.

- 1) Celecoxib 100mg – take as prescribed (100mg twice a day) (60)
- or

- 2) Meloxicam 7.5 or 15mg tab – once a day (30)

Anti-inflammatories are often not prescribed in the setting of foregut surgery (Sleeve Gastrectomy, Gastric Bypass, Liver Resection or Whipples procedure).

Analgesia Plan

Post operative pain medication is prescribed to make pain tolerable and enable participation in postoperative rehabilitation including mobilisation and physiotherapy. It is not expected that pain medication will remove or block all pain.

Pain medication should be stopped as soon as possible in the post operative period.

Unless told otherwise, stop the strong pain killers (ie Oxycodone or Palexia) first and ideally this would be within 5 days of discharge from hospital. Next stop the anti-inflammatory and then last of all the paracetamol.

****Body Weight < 60kg – Please reduce paracetamol dosing to every 8 hours (ie Max 3 doses or 3gm per 24 hours).**

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