



SAWTOOTH ORTHOPEDICS & SPORTS MEDICINE
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***Pharmacy Check list (before surgery) :**

- Pain medication prescription (If Dilaudid bring hard copy)
- Tylenol 500mg
- Stool Softener (Example: Senokot-S 1-2x/daily)

Upon arriving at home take both medications together:

- 1) Tylenol 500mg
- 2) Dilaudid 2mg
 - a. 1 tablet for pain 1-5/10
 - b. 2 tablets for pain 6-10/10

3 hours later:

- 1) Dilaudid 2mg
 - a. 1 tablet for pain 1-5/10
 - b. 2 tablets for pain 6-10/10

3 hours later:

- 1) Tylenol 500mg
- 2) Dilaudid 2mg
 - a. 1 tablet for pain 1-5/10
 - b. 2 tablets for pain 6-10/10

According to the above regimen wake yourself every three hours to take the above medications for the first 48 hours.

Some clinical studies demonstrate that anti-inflammatory medications can adversely affect the bone-tendon healing process. (i.e. Rotator cuff and/or ligament reconstructions) Advil, Aleve, Ibuprofen