





SAWTOOTH ORTHOPEDICS & SPORTS MEDICINE
100 HOSPITAL DR., STE 107 • KETCHUM, ID 83340
PO BOX 1332 • SUN VALLEY, ID 83353
PHONE 208-622-3311 • FAX 208-622-4919

***Pharmacy Check list (before surgery):**

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

Upon arriving home

Norco

- 1 tablet for pain 1-5/10
 - 2 tablets for pain 6-10/10
- Take as directed
 -  Tylenol Do not take Tylenol with Norco
 -  NSAID Advil, Aleve, Ibuprofen*

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

Post-operatively: Take 1-2 tablets of 81mg aspirin daily (1 tablet in the morning/1 tablet in the evening) for 3 weeks for blood clot prevention.

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