

Post-operative Pain Medication information sheet.

Managing Pain After Hip and Knee Replacement Surgery

Congratulations on your hip or knee replacement surgery! As you embark on your journey toward recovery, it's essential to understand how to manage pain effectively. Pain management is crucial for your comfort and well-being during the healing process.

Dr. Stelmach has prescribed two medications to help control your pain: Oxy IR and tramadol.

Oxy IR (Oxycodone Immediate Release):

- Oxy IR is a potent pain reliever classified as a narcotic.
- It provides strong pain relief but may come with more side effects and a higher potential for dependency.
- It's important to take Oxy IR as soon as you feel any pain once you're home. Staying ahead of the pain is key to a smoother recovery.
- If you experience breakthrough pain after taking Oxy IR, you have options for additional relief:
 - You can take tramadol to supplement the pain relief two hours after you take Oxy IR as needed for breakthrough pain.
 - Alternatively, you can take Tylenol for breakthrough pain.

This added flexibility allows you to tailor your pain management approach to your individual needs while ensuring your comfort and well-being during your recovery journey.

Tramadol:

- Tramadol is also classified as a narcotic but generally has fewer side effects and is less addictive compared to Oxy IR.
- Some patients perceive tramadol as less effective due to its milder side effects.

- If you still experience pain after taking Oxy IR, tramadol can be taken 2 hours later to provide additional relief.

Augmenting with Tylenol (acetaminophen):

- In addition to Oxy IR and tramadol, you can take Tylenol to further manage your pain.
- The maximum daily dose of Tylenol is 3000 mg. One extra strength Tylenol is 650 mg.

Transitioning to Tramadol and Tylenol:

- As your pain diminishes, Dr. Stelmach recommends transitioning to taking tramadol first, reserving Oxy IR for breakthrough pain.
- Ultimately, the goal is to gradually reduce your reliance on narcotics and transition to Tylenol for pain relief.
- Remember, the sooner you can taper off narcotics, the faster any associated side effects will diminish.

Important Notes:

- Always follow your healthcare provider's instructions regarding medication dosage and timing.
- Never exceed the recommended dosage of any medication without consulting your healthcare provider.
- If you have any concerns or experience severe side effects, contact your healthcare provider immediately.

By effectively managing your pain, you can focus on your recovery and regain mobility with confidence. Your healthcare team is here to support you every step of the way.