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**POSTOPERATIVE INSTRUCTIONS**

**Medications-Shoulder**

Oxycontin: This medication is a long acting pain medication, and lasts about 12 hours. It is helpful to give a baseline pain relief for when the block begins to wear off. This medication is given for 5-7 days to help treat the immediate post-operative pain after shoulder surgery. I typically recommend that this be taken at dinner time the night of surgery, even if little to no pain is felt as the block will usually begin to wear off overnight the night of surgery.

Percocet/oxycodone: This medication is a short acting (about 4-6 hours) pain medication but also works faster, with a quicker onset of action than the Oxycontin. I typically recommend patients take one of these tablets before bed the night of surgery and then begin taking 1-2 tabs every 4-6 hours once the block begins to wear off. This medication is typically used for 1-2 weeks after surgery. If this medication is too strong for you (nausea, lightheadedness, feeling "out of it") then please call the office and we can call in a less strong medication. This is the only narcotic that requires a paper prescription and the others can be called in, which is why I give you a prescription for this one first.

Vistaril: This medication is actually an anti-itch and anti-anxiety medication. However, it is not great at either of these indications, but has been found to help the pain medications work better so less narcotics are needed.