



Nathan A. Mall, MD

Director, St. Louis Center for Cartilage Restoration and Repair

Regeneration Orthopedics

6 McBride & Sons Center Drive, Suite 204 · St. Louis, MO 63005

office: 636.536.7000 · fax: 636.898.5709

POSTOPERATIVE INSTRUCTIONS

Medications

The following medications may have been ordered for you – please read below regarding any of the medications and their uses.

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 (hydroxyzine): 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. This medication can be very useful.

Zofran (ondansetron): This medication is an anti-nausea medicine that can help with post-operative nausea and vomiting related to anesthesia or pain medications. Typically we call the oral dissolving tablet that dissolves in your mouth into your pharmacy, but this can be substituted for a less expensive tablet form.

Valium: Valium has many uses, but it works great as a muscle relaxer. This may have been prescribed to you if you have had a procedure that can result in significant muscle spasms.

Meloxicam/Naproxen/ other NSAIDs: These medications can be very helpful in the post-operative period to control swelling. Swelling is often times the source of pain in the post-operative period. However, there are some reports that NSAIDs can impede soft tissue to bone healing, soft tissue healing, or bone to bone healing. Therefore, Dr. Mall typically holds off on prescribing these medications for the first 6 weeks after a “repair” procedure has been performed. In these cases, ice and the use of vistaril can be very helpful as multi-modal pain management regimens.