



MIDJERSEY
ORTHOPAEDICS
LIVE LIFE BETTER.

Reducing Pain and Inflammation After Your Surgery

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A certain amount of tissue inflammation always occurs after injury or surgery, and this inflammation is one of the primary causes of postoperative pain.

You will receive a prescription for Mobic (Meloxicam) to use after your surgery. This is a non-steroidal anti-inflammatory drug (NSAID) which will allow your postoperative recovery to be much more comfortable. You will take it as follows:

- If you are between 18 and 65 years old and do not have significant heart problems, then:

Take one 15 mg. tablet the evening before surgery.

Take one 15 mg. tablet the morning of surgery with a small sip of water before coming to the Surgery Center or Hospital.

Take one 15 mg. tablet in the morning four additional days.

Six tablets needed total.

- If you are younger than 18, older than 65, or have heart problems, we recommend a lower dose, which is still very safe to take:

Take two 7.5 mg. tablets the evening before surgery.

Take two 7.5 mg. tablets the morning of surgery with a small sip of water before coming to the Surgery Center or Hospital.

Take one 7.5 mg. tablet in the morning four additional days.

Eight tablets needed total.

The greatest amount of inflammation is in the first 3-5 days after surgery. Taking Mobic for longer than 5 days is generally not required, but in some instances we will recommend Mobic or another NSAID for several weeks or months after surgery to facilitate your recovery.

The advantage of Mobic over other NSAIDs include the following:

- Convenient once a day dosage.
- Much more selective than other NSAIDs; works on the musculoskeletal tissues and has less effect on the rest of your body, which decreases the chance of side effects. (eg. Upset stomach)
- Minimal effect on bleeding: other NSAIDs cause some blood thinning, which can increase the chance of post-operative bleeding.

Since Mobic is a newer drug, some insurance companies do not provide coverage. Since you only need a few tablets, we strongly recommend that you purchase and use this medication even if it is not covered by insurance.