

Medication Schedule/Regime

Day: 0 through 7

6 AM	8 AM	12 PM	2 PM	6PM	8 PM	10PM	12 PM	2 AM
Tylenol Tramadol	Ibuprofen Baby Aspirin Prednisone Colace	Tramadol Singulair	Tylenol Ibuprofen	Tramadol Baby Aspirin Prednisone	Ibuprofen Gabapentin	Tylenol Colace	Tramadol	Ibuprofen

* Ankle Pumps throughout the day

Exercise



Take Oxycodone when pain is severe/not being controlled with other medications!

Oxycodone (1-2 Tablets every 4 hours if needed up to 14 days)

Tramadol- 1 to 2 tablets every 6 hours (For 7 days and then as needed)

Tylenol – 1000 mg (2- 500 mg) every 8 hours (For 10 Days then as needed)

Ibuprofen- 600 mg every 6 hours (For 10 Days then as needed)

Gabapentin- 300 mg (before bed) (For 14 days)

Baby Aspirin- 81 mg (2 times a day) (For 30 Days)

Prednisone – 5 mg in the am and pm (for swelling, pain) (for 30 days)

Singulair (for total knees only) – 10mg - 1 daily (prevents scar tissue) (for 90 days)

Colace- (1-2 times/day) until moving bowels regularly after stopping narcotics then discontinue

Miralax or other laxative – as needed if bowels not moving after taking colace

****You May Not Have Been Prescribed All of These Medications – Adjust Accordingly****

Activity: Stay down for 2 hours (reclined in a recliner or in bed with length of the leg up on a pillow or two) then you may be up for 20 minutes only. Ice for 1 hour while down. Ice before you go to bed and then leave it off. If you wake up in the night and feel like it needs it, ice for 30 minutes and then go back to bed.

Do your exercises (some are when you are laying down, some are when you are up for the 20 minutes) The goal for the first 2 weeks is to keep the swelling down and pain controlled. We will start having you do physical therapy 10 days to 2 weeks after surgery and will give you further directions for activity at your post-operative appointment.

