



Jaicharan Iyengar, M.D.  
Stockton Shoulder Institute @  
Alpine Orthopaedic Medical Group  
2488 N. California Street  
Stockton, CA 95204  
Phone (209) 946-7213  
[www.stocktonshoulder.com](http://www.stocktonshoulder.com)

## ***Suggested Post-Operative Pain Control Protocol:***

\*\*\*If you have previously been taking narcotic/opiate pain medications **before surgery** or **cannot** take NSAIDs (ibuprofen), these medications may not be effective for you. Please discuss this with Dr. Iyengar before surgery to develop an **alternative pain strategy**.

### **DAY OF SURGERY**

- Take **one** Norco 325/\_\_\_\_\_ (acetaminophen/hydrocodone) tablet by mouth as soon as you return home.
- After one hour, if you are **still** having severe pain, take a second tablet of Norco.
- Repeat this every **4-6 hours** for the first 24 hours after surgery to “stay ahead” of your pain.
- Take **two** Norco tablets before bedtime to help manage your pain while you sleep.

\*If you are experiencing excessive sedation (sleepiness) from your anesthesia or have trouble breathing, **do not** take Norco or any other pain medication until these symptoms have resolved.

\*Make sure you **do not** take more than **TEN** Norco tablets in any 24-hour period as this can result in an acetaminophen (Tylenol) overdose and liver failure.

\*Please note that all opiate pain medications, including Norco, can cause **significant** post-operative nausea and vomiting.

\*If your nausea/vomiting symptoms are **mild**, please use the prescription of Ondansetron that you were given during your pre-surgery visit.

\*If your symptoms are **severe**, stop taking Norco and go to the nearest ER

### **AFTER SURGERY (DAYS 1-3)**

- **6am:** Take **three** 200mg Ibuprofen tablets by mouth (total dose is 600mg) with breakfast.
- **9am:** If still having moderate pain, take **one** Norco tablet. Wait one hour, and only if you are **still** having severe pain, take a second tablet of Norco.
- **12pm:** Take **three** 200mg Ibuprofen tablets by mouth (total dose is 600mg) with lunch.
- **3pm:** If **still** having moderate pain, take one Norco tablet. Wait one hour, and only if you are still having **severe** pain, take a second tablet of Norco.
- **6pm:** Take **three** 200mg Ibuprofen tablets by mouth (total dose is 600mg) with dinner.
- **9pm:** Take **one** Norco tablet before bedtime to manage your pain while you sleep. If your pain is **severe enough** to wake you up in the middle of the night, you can take a second tablet of Norco as needed.

\*Please note that Ibuprofen is the same medication as **Advil and Motrin**.

\***Do not** take Ibuprofen if you have a known history of kidney disease.

\*Make sure you take Ibuprofen **with food**.

\*If you have significant stomach upset from taking Ibuprofen, please **stop** taking it and contact Dr. Iyengar's office.

## AFTER SURGERY (DAYS 4-7)

- **6am:** Take **two** 200mg Ibuprofen tablets by mouth (total dose is 400mg) with breakfast.
- **9am:** If **still** having moderate pain, take **one** Norco tablet.
- **12pm:** Take **two** 200mg Ibuprofen tablets by mouth (total dose is 400mg) with lunch.
- **3pm:** If **still** having moderate pain, take one Norco tablet.
- **6pm:** Take **two** 200mg Ibuprofen tablets by mouth (total dose is 400mg) with dinner.
- **9pm:** Take **one** Norco tablet depending on your pain severity before bedtime to manage your pain while you sleep.

\***After Day 3**, Dr. Iyengar **strongly** recommends that you start **reducing** the amount of pain medication you are using as your pain begins to improve.

## AFTER 1 WEEK

- Please discuss alternative (non-opiate) pain control strategies with Dr. Iyengar during your first post-operative visit if you are still having significant amounts of pain after one week.
- Dr. Iyengar **strongly** recommends that you **stop** taking narcotic pain medications (Norco) after **one week** and switch to over-the-counter acetaminophen (Tylenol) to control pain.
- Dr. Iyengar will prescribe you pain medications to help you with the initial surgical recovery. He does not prescribe/support the use of narcotic pain medications on an ongoing basis for chronic conditions.