



## MEDICATION INFORMATION

Your surgeon will manage your post-op pain for a finite period of time. You will be given a prescription at the time of discharge from the hospital. The plan will be to taper your pain medication per your surgeon's protocol, with the ultimate goal of being off pain medication approximately 4-12 weeks after your surgical procedure.

**Please note that adjustments may be made per your insurance company's requirements.**

### **Do NOT take these medications prior to surgery**

Please do not take any of the following medications **7-14 DAYS** prior to surgery as they may affect bleeding:

#### **Anti-inflammatories:**

Ibuprofen(Advil, Motrin)  
Naproxen (Aleve, Naprosyn)  
Indomethacin (Indocin)  
Diclofenac ( Arthrotec, Voltaren/Zipsor)  
Relafen (Nabumetone)  
Mobic (Meloxicam)  
Celebrex  
Daypro  
Etodolac (Lodine)  
Fiorinal/Excedrin

**Aspirin (any dose) stop 10 days prior to surgery**

#### **Herbal Remedies**

Turmeric/Arnica  
Ginko Biloba  
Garlic/Ginseng  
Black Cohosh

#### **Dietary Supplements**

Glucosamine/Chondroitin  
Osteo Bi-Flex  
Fish Oil/Omega-3

If you are taking a blood thinner such as Coumadin/Warfarin, Plavix, Xarelto/Pradaxa, or Eliquis for a heart or vascular problem, please consult your cardiologist or internist to make sure that it is safe for you to stop taking these medications 5-7 days prior to surgery.

**\*\*\*Your surgeon will advise you when it is safe to restart these medications\*\*\***