

# Post-Operative Pain Planning



The following pain medications work together to help make pain tolerable.

- **Methocarbamol** □  
Take 750 mg by mouth every six hours as needed for expander tightness/muscle spasm.
- **Ibuprofen** □  
Take 800 mg by mouth every eight hours as needed for pain and inflammation. Take with food.
- **Gabapentin** □  
Take 300 mg by mouth three times daily for 14 days. Take this medication until it is finished.  
This medication is to prevent persistent nerve pain and decrease the need for opioids.
- **Acetaminophen** □  
Take 1000 mg by mouth every eight hours as needed for pain.

**Acetaminophen is sold over the counter, and you will need to purchase.**



The following rescue medications should be taken only if needed.

- **Oxycodone** □  
Take 5 mg by mouth every six hours as needed for pain.
- Or
- **Dilaudid** □  
Take 1 mg by mouth every six hours as needed for pain.



The following antibiotics are used to decrease the risk of infection.

- **Bactrim DS** □  
Take by mouth every 12 hours for three days.

Or

- **Ciprofloxacin** □  
Take 500 mg by mouth every 12 hours for three days.

Or

- **Doxycycline** □  
Take 100 mg by mouth every 12 hours for three days.

**The following over-the-counter medications are used to prevent and treat constipation.**

- **Docusate Sodium**  
Take twice daily when taking opioid pain medications, to prevent constipation.
- **Laxative of Choice**  
Take as needed for treatment of constipation (Milk of Magnesia, Miralax, Senokot, etc.).

**If you have any questions concerning your pain after surgery, call our care coordinator at 407-821-3555.**

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.