

### **PAIN MEDICATION INSTRUCTIONS**

- It is important to **take your pain medication as soon as you get home**. You are kept frozen for a long period of time so that the pain meds have time to take effect.
- **Always start with Tylenol #3** (T3). Take one (1) or two (2) tablets depending on the person as soon as you arrive home.
- Two (2) hours later take one (1) Ketorolac. Ketorolac is a very strong anti-inflammatory, so **do not** take any ibuprofen or other anti-inflammatories while you are taking this medication.
- You will alternate the T3's and Ketorolac every 2 hours for 48 hours regardless of pain and then on an as-needed basis after 48 hours.
- Starting the **day after surgery** you will begin Decadron. Take one (1) in the morning and one (1) at night for two (2) days. Decadron is for pain and swelling.
- If you were prescribed an Antibiotic, please take the full dose to completion and start on the day of surgery. Follow instructions provided by your pharmacist.
- If you have any questions regarding any of the medication you were prescribed, please call Dr. Dahlman's office at 250-768-7786.