

Commonly Prescribed Post-Orthopedic Surgery Medications and their Side Effects

Medication Classification	Indication	Common Side Effects	Minimization of Side Effects
<i>Analgesic</i>			
Acetaminophen (Tylenol)	Pain relief associated with mild pain	<ul style="list-style-type: none"> • Not usually associated with side effects 	<ul style="list-style-type: none"> • Best to take medication consistently for best pain relief • May take with or without food • <i>Max Daily Dosage = 4 grams</i>
<i>Short-Acting Narcotics</i>			
Tramadol (Ultram)	Breakthrough pain relief; effects usually last 4 – 6 hours	<ul style="list-style-type: none"> • Upset stomach • Nausea / vomiting • Dizziness • Drowsiness • Constipation 	<ul style="list-style-type: none"> • Best to take with food • Avoid alcohol as this potentiates dizziness/drowsiness • Take first dose when you know you will not be driving to see how it affects you • Stand up/sit down slowly • Drink plenty of water and use a stool softener if you experience constipation
Hydrocodone-Acetaminophen (Norco, Lortab, Vicodin)			
Oxycodone-Acetaminophen (Percocet)			
<i>Long-Acting Narcotics</i>			
Oxycodone ER (Oxycontin)	Maintenance pain relief; effects usually last around 12 hours	<ul style="list-style-type: none"> • Upset stomach • Dizziness • Drowsiness • Constipation 	<ul style="list-style-type: none"> • Best to take with food • Avoid alcohol as this potentiates dizziness/drowsiness • Take first dose when you know you will not be driving to see how it affects you • Stand up/sit down slowly • Drink plenty of water and use a stool softener if you experience constipation
<i>Stool Softeners</i>			
Docusate Sodium (Colace)	Provides relief from constipation by softening stool to prevent straining when trying to have a bowel movement	<ul style="list-style-type: none"> • Stomach cramping • Diarrhea 	<ul style="list-style-type: none"> • Drink plenty of water • Take 1-2 capsules at night • Stop using if diarrhea or discomfort occurs/persists

The above listed medication should be used exactly as directed by your health care provider if prescribed.

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<i>Laxatives</i>			
Milk of Magnesia	Provides relief from constipation by stimulating the GI tract to produce a bowel movement	<ul style="list-style-type: none"> • Stomach cramping • Bloating • Diarrhea 	<ul style="list-style-type: none"> • Drink plenty of water • Use at night to produce bowel movement in the morning • Stop using if diarrhea or discomfort occurs/persists • Contact your physician if you experience rectal bleeding
Polyethylene Glycol (MiraLax)			
Bisacodyl (Dulcolax)			
Docusate Sodium-Sennosides (Senna S)			
<i>Anti-Emetics</i>			
Ondansetron (Zofran)	Used to prevent or treat nausea associated with surgery	<ul style="list-style-type: none"> • Headache • Constipation • Drowsiness 	<ul style="list-style-type: none"> • Drink plenty of water • Use a stool softener if constipation persists • Do not drive until you know how this medication affects you
Metoclopramide (Reglan)			
<i>Anticoagulants</i>			
Aspirin	Prevents blood clotting after surgery that may occur due to limited mobility	<ul style="list-style-type: none"> • Easy bruising or bruises that last longer than usual • Black, tarry stool • Nose bleeds that occur more frequently or last longer than usual • Tenderness and bruising at injection site with Lovenox 	<ul style="list-style-type: none"> • Notify your physician if either of your legs become tender and warm, or if you experience chest pain and difficulty breathing • Do not stop taking this medication without consulting your physician • If taking warfarin, it is important to keep your diet consistent • Avoid sports or activities that may result in serious injury
Warfarin (Coumadin)			
Enoxaparin (Lovenox)			
Rivaroxaban (Xarelto)			
Apixaban (Eliquis)			
Heparin			

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