orthopedic ONE

PATIENT POST-SURGERY MEDICATION TRACKER

Medications can only be effective when taken properly. Use this tool to remind you to take the correct dose of the right medication at the right time. Carefully review instructions you received from the hospital. Instructions will tell you:

- which medications to start taking
- changes to existing medications
- which medications to stop taking

Fill in the names of the medications using your After Visit Summary or Discharge Instructions from the hospital.

Example:

MEDICATION	DOSE	HOW MANY	HOW OFTEN	TIME	AM 12	1	2	3	4	5	6	7	8	9	10	11	PM 12	1	2	3	4	5	6	7	8	9	10	11
1. Pain Pill		1	Daily									✓																
2.																												

MEDICATIONS

NARCOTIC PAIN MEDICATIONS

Strong pain reliever used to treat moderate to severe pain that may not respond well to other pain medications. Examples: Oxycodone (OxyContin), Hydrocodone with acetaminophen (Lorcet, Lortab, Norco, Vicodin) Oxycodone with acetaminophen (Percocet, Endocet, Roxicet) Hydromorphone (Dilaudid) Tramadol (Ultram)

MEDICATION	DOSE	HOW MANY	HOW OFTEN	TIME	AM 12	1	2	3	4	5	6	7	8	9	10	11	PM 12	1	2	3	4	5	6	7	8	9	10	11
1.																												
2.																												

NON–NARCOTIC PAIN MEDICATIONS

Used to treat mild to moderate pain and help minimize the use of narcotic medications. Example: Acetaminophen (Tylenol®)

MEDICATION	DOSE	HOW MANY	HOW OFTEN	TIME	AM 12	1	2	3	4	5	6	7	8	9	10	11	PM 12	1	2	3	4	5	6	7	8	9	10	11
1.																												
2.																												
3.																												

NON STEROIDAL ANTI-INFLAMMATORIES (NSAIDS)

Used to treat pain, redness, swelling and heat (inflammation). Examples: Ibuprofen, Advil, Aleve, Celebrex

MEDICATION	DOSE	HOW MANY	HOW OFTEN	TIME	AM 12	1	2	3	4	5	6	7	8	9	10	11	PM 12	1	2	3	4	5	6	7	8	9	10	11
1.																												
2.																												

BLOOD THINNER/ANTICOAGULANTS

Used to reduce the risk of blood clots from forming. Do not 'thin' your blood, but interfere with your ability to form a blood clot. Examples: Aspirin (Ecotrin) Coumadin, Xarelto, Heparin, Warfarin, Plavix

MEDICATION	DOSE	HOW MANY	HOW OFTEN	TIME	AM 12	1	2	3	4	5	6	7	8	9	10	11	PM 12	1	2	3	4	5	6	7	8	9	10	11
1.																												
2.																												

STOOL SOFTENER/LAXATIVE

Used to reduce the risk of and to treat constipation. Examples: Senna-S, Miralax Colace, Milk of Magnesia, Magnesium Citrate

MEDICATION	DOSE	HOW MANY	HOW OFTEN	TIME	AM 12	1	2	3	4	5	6	7	8	9	10	11	PM 12	1	2	3	4	5	6	7	8	9	10	11
1.																												
2.																												

ANTI NAUSEA (ANTIEMETICS)

Used to prevent or lessen nausea and vomiting caused by side effects of narcotic pain medication, anesthetics, etc. Examples: Ondansetron (Zofran), Phenergan

MEDICATION	DOSE	HOW MANY	HOW OFTEN	TIME	AM 12	1	2	3	4	5	6	7	8	9	10	11	PM 12	1	2	3	4	5	6	7	8	9	10	11
1.																												
2.																												

STOMACH/GASTRIC PROTECTION

Works by decreasing the amount of stomach acid and helps decrease the risk of bleeding stomach ulcers while taking non steroidal anti-inflammatories

MEDICATION	DOSE	HOW MANY	HOW OFTEN	TIME	AM 12	1	2	3	4	5	6	7	8	9	10	11	PM 12	1	2	3	4	5	6	7	8	9	10	11
1.																												
2.																												

SLEEP AID

May improve sleep quality and insomnia. Example: Gabapentin (Neurontin)

MEDICATION	DOSE	HOW MANY	HOW OFTEN	TIME	AM 12	1	2	3	4	5	6	7	8	9	10	11	PM 12	1	2	3	4	5	6	7	8	9	10	11
1.																												
2.																												

CAUTION: Follow physician medication instructions and read the pharmacy medication labels/inserts for important dosing and side effect information.
Medications will vary based on the patient medical history, current medications, medication allergies, etc.
Cross out any row for medications that do not apply to you.

Call your surgeon's office with any questions anytime at 614-827-8700.

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