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Medications

After surgery with Dr. Davidson, our team will make every effort to provide a plan for managing your pain. While you should expect to feel some discomfort, advancements in pain control now make it easier for your doctor to manage and prevent pain.

In many reconstructive surgeries, you will receive a nerve block preoperatively and local anesthetics during surgery. This will make the treated body part numb for some time. The proper use of medication and therapy post operatively will help you reduce discomfort and speed your recovery. Most patients will take oral pain medication for up to 2 or 3 weeks after major surgery. These may include prescription-strength nonsteroidal anti-inflammatory drugs (NSAIDs), narcotic pain medications, and nerve pain medications. You are welcome to discuss your level of pain and inflammation with your medical team and ask that you report any abrupt changes. The pain will likely diminish over a period of some weeks.

In an effort to control costs, many commercial insurances are limiting their drug coverage and certain medications we recommend for surgery are often not considered covered benefits. We want to make your recovery from surgery as comfortable as possible, and therefore want to offer you a few options for obtaining the recommended medications:

Option 1. *Generic medications*— Traditional pain pills, Colace (stool softener), Ibuprofen for inflammation pain

Option 2. All medications, *optimized for maximum pain relief*, will be given and filled pre-operatively. There is a \$50 charge for obtaining insurance authorizations, payable in advance.

Option 3. All medications, *optimized for maximum pain relief*, will be given and a letter of medical necessity will be provided to you. You pay for the medications at the pharmacy and submit to your insurance if you want to potentially obtain reimbursement from them.

List of commonly prescribed medications:

- **Pain medication** – is to be taken as needed for pain. Pain medications, such as Percocet, Hydrocodone, and Oxycontin cannot be telephoned into a pharmacy. You will be given a written prescription for that type of medication and can arranged to pick it up a few days before surgery or it can be given to you at the time of surgery.
- **Nerve pain medication (Lyrica/Gabapentin)** – is to be taken the first week of surgery. Although in many cases insurance does not cover this medication, it is recommended for post-operative pain. We will not pre authorize the medication and if wanted can be paid for out of pocket.
- **Anti-nausea medication (if needed)** – take as needed 30 minutes prior to taking pain medication.

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- **Stool softener (pain pills are constipating!!)** – take these while taking pain medication, until your stool is soft. Constipation is a PREDICTED effect of taking narcotics so you will need to use stool softeners. You may use over the counter laxatives, as suggested by your pharmacist.
- **Anti-inflammatory (Celebrex)** – take one pill the night before surgery and one pill a day after surgery for pain and swelling. Generic is now available if brand name is not covered. **Ibuprofen** is a less expensive alternative and should be taken 800mg, 3 x day with food.
- **Antibiotics (if instructed)** – begin the morning following surgery and take until the pills are gone. Typically this is only a one-day dose of 4 pills.
- **Aspirin (partial blood thinner- if instructed)** – this is purchased over the counter. Buy the coated “adult” dosage of 325mg. unless instructed otherwise, take one pill nightly for 14 days following surgery.
- **Xarelto (full blood thinner- if instructed)** – take 1 pill the night of your surgery (Post Operatively). Continue to take it nightly for 14 days following surgery