

Dhruv B. Pateder, MD, FAAOS

TOWN CENTER ORTHOPEDIC ASSOCIATES SPINE SURGERY

POST-OPERATIVE PAIN MANAGEMENT

- Post-operative pain is to be expected and will vary depending on several factors: the type of surgery, prior use of narcotic pain medications, and personal tolerance of pain. Your post-operative pain management will be discussed pre-operatively and on an individual basis prior to discharge.
- Do NOT take any anti-inflammatory pain medication (also none as NSAIDs-non-steroidal anti-inflammatory drugs) for the first three months following surgery, as they may inhibit your body's efforts to fuse (mend the bones together). The medications include (but are not limited to): Motrin/Ibuprofen/ Advil, Alleve/Naprosyn, Excedrin, Lodine, Relafin, Celebrex, Daypro, Vioxx, Bextra, Aspirin, etc. The exceptions to this rule are IF we place you on these medications after surgery or if your internal medicine/family physician feels that you should be on Aspirin for cardiac issues or NSAIDs for other medical issues.
- The following medications are prescribed for most patients unless there are contraindications:
 - a. Narcotics (Percocet, Vicodin, Dilaudid, etc.)
 - b. Muscle relaxers (Robaxin, Flexeril, etc.)
 - c. Steroids (Medrol Dose Pack)
- Some patients will also require short-term use of a longer acting narcotic pain medication (MS Contin, Oxycontin, etc)
- Medications will **only** be refilled during office hours. **Please** be aware of how many pills you have left so that you will not run out when the office is closed.

ALWAYS FEEL FREE TO CONTACT US WITH YOUR CONCERNS & QUESTIONS.

ADMINISTRATIVE QUESTIONS: Pamela Alcantara 703 483 4679

MEDICAL QUESTIONS: April Courmoyer, PAC 703 483 4656