

MEDICATION GUIDE

ANTIBIOTICS: These are used to treat or help prevent infection. Always finish off all of your pills unless you check with us first.

- **Keflex (cephalexin)**—take 1 four times per day until they are gone. Start when you arrive home from surgery.
- **Cleocin (clindamycin)**—take 1 three times per day until they are gone. Start when you arrive home from surgery.
- **Levaquin (levofloxacin)**—take 1 once daily until they are gone. Start the day after surgery.
- **Doxycycline** —take 2 the first day, then 1 daily until they are gone. Take these pills with a full glass of water and do not lie down immediately after taking one. This medication can make you sunburn more easily.

ANTI-VIRALS: These are used to prevent cold sore outbreaks when irritating surgeries (peels, laser, etc.) are done around the mouth. Always finish these as well.

- **Zovirax (acyclovir)**—take 2 three times per day until gone. Start two days prior to surgery.
- **Valtrex (valacyclovir)**—take one 500 mg twice per day, or one 1000 mg once per day until gone starting the day before your procedure.

PAIN MEDICATION (NARCOTIC): These medications are to be taken as needed for pain. Each contains Tylenol (acetaminophen), so while you can take Tylenol *in place* of these medicines, you should not take Tylenol *with* them. Do not take pain medication on an empty stomach if you can avoid it.

***We cannot telephone in refills for Percocet, Vicodin or Dilaudid.**

- **Percocet (oxycodone)**—take 1 or 2 every four hours as needed for pain. Maximum of 9 pills per 24 hours.
- **Vicodin (hydrocodone)**—take 1 or 2 every four hours as needed for pain. Maximum of 10 pills per 24 hours.
- **Dilaudid (hydromorphone)**—take 1 or 2 every four hours as needed for pain.
- **Ultracet (tramadol with tylenol)**—take 1 or 2 every four hours as needed for pain.

PAIN MEDICATION/ANTI-INFLAMMATORY: These are non-narcotic, prescription-grade, medications to help with pain and inflammation.

- **Celebrex (celecoxib)**—take 1 capsule two times daily beginning the day after your surgery. (You may be given two capsules (400mg) by the nurses in pre-op before surgery, if ordered by the doctor.) You can then use the narcotic pain medication (e.g. Percocet, Vicodin, Dilaudid, etc.) for any additional discomfort. Celebrex contains a sulfa-based derivative, so do not take it if you have a sulfa allergy that prevents you from taking Lasix or Imitrex (not all Sulfa allergies apply).

*Celebrex is a Non-Steroidal Anti-Inflammatory Drug (NSAID) that can be used around the time of surgery because it does not potentiate bleeding (unlike other NSAIDs, such as Ibuprofen, aspirin, Aleve). Celebrex is highly recommended and encouraged by your physician but it is also a bit costlier than some of the other pain medications and is rarely covered by insurance companies. A generic is now available too.

No pre-authorization will be obtained from your insurance company; therefore you will likely pay out-of-pocket for this medication.

Michael Bateman, MD
303-388-1945
www.michaelbatemanmd.com

MUSCLE RELAXANT, ANTI-ANXIETY: These medications help with muscular pain and tension, and muscle spasms following surgeries where muscles are stretched (such as breast augmentation, breast reconstruction, and tummy-tucks). We may limit refills of this prescription because it can be addictive.

- **Valium (diazepam)**—take 1 every six hours as needed for muscle spasms.

ANTI-NAUSEA: All pain medications can have nausea as a side effect, and everyone has varying sensitivities to them. During surgery your anesthesiologist will give you medication to help as well.

- **Dramamine (dimenhydrinate)**—this is over the counter. Take 50-100 mg every four to six hours as needed for nausea. You can take it on the morning of your surgery with a small sip of water.
- **Bonine (meclizine)**—this is also over the counter. Take 25 mg every six hours as needed.
- **Compazine (prochlorperazine)**—we give this in a suppository form, so if you are throwing up, it ensures absorption. Take one suppository by rectum every twelve hours as needed.
- **Scopolamine Transdermal Patch**—this patch is for nausea and motion sickness and is usually placed behind the ear about 1 hour prior to surgery if ordered by the doctor. Patch should be removed after approximately 72 hrs (3 days) after surgery. Wash hands and skin with soap and water after removal. Do not touch eyes after touching patch, may cause pupillary dilation.
- **Zofran (ondansetron)**—Place it under your tongue and let it dissolve every 8 hours as needed for nausea/vomiting.

STEROIDS: A short course of high dosage steroids is often used to keep swelling down, especially after facial surgery. The side effects can include increased acid in the stomach (so Tums, Pepcid AC are good to take) and mood elevation (which is not such a bad thing until you stop them).

- **Medrol Dose Pack**—Bring this to the hospital if you are staying overnight. You will start the day after surgery. Follow the instructions on the packet until they are gone.

LOVENOX[®]: Certain procedures, such as an abdominoplasty, carry a higher risk for developing a blood clot in the leg known as a Deep Vein Thrombosis (DVT) which may lead to a Pulmonary Embolism (PE). You will receive a dose of Heparin in pre-op holding if ordered by your physician and may be instructed to continue the therapeutic blood thinning injections at home with Lovenox[®] on a case by case basis.

ANTI-HISTAMINES: These can help with itching, sleep, and, to some extent, with nausea.

- **Benadryl (diphenhydramine)**—this is over the counter. Take 1 or 2 every six hours as needed.
- **Atarax Elixir (hydroxyzine)**—used for children after surgery. Give prescribed dose every six hours as needed to help your child sleep.

EYE-DROPS: For lower and quad blepharoplasties (eye surgeries).

- **Lotemax**—Anti-inflammatory eye drops. Use 1-2 drops in each eye 2-4 times per day for one week.
- **Tobradex**—Steroid eye drop. Use 1-2 drops every 4-6 hours for one week only.