

Preoperative (3 hours before surgery)

- Acetaminophen (Tylenol) 1,000mg
- Ibuprofen (Motrin) 600 mg
- Gabapentin 300mg (optional)

Perioperative

- Infiltration of local anesthetic recommended prior to incision
- Coordination with anesthesia recommended to minimize intra-operative opioid use

Post-operative days 1-3

- Use cold pack on surgical site 20 minutes on, 20 minutes off
- Acetaminophen (Tylenol) 1,000mg every 6 hours
- Ibuprofen (Motrin) 600 mg every 6 hours
- Oxycodone 5mg every 4 hours, as needed for breakthrough pain
- Tramadol 50 mg every 6 hours, as needed
- Gabapentin 300mg every 8 hours

Post-operative days 4-7

- Use cold pack on surgical site 20 minutes on, 20 minutes off, as needed
- Acetaminophen (Tylenol) 1,000mg every 6 hours, as needed
- Ibuprofen (Motrin) 600 mg every 6 hours, as needed
- Tramadol 50 mg every 6 hours, as needed
- Gabapentin 300mg every 8 hours

Post-operative days 8-14

- Gabapentin 300mg every 8 hours
- Acetaminophen (Tylenol) 1,000mg every 6 hours, as needed
- Ibuprofen (Motrin) 600 mg every 6 hours, as needed