ROBERT PETTIT, MD
ORTHOPAEDIC SURGERY & SPORTS MEDICINE

POST-OP TOOL

Medication Tracker

Your medicines, doses & a daily log

Post-Op Medication Tracker

Take everything exactly as prescribed

Patient _____ **Surgery** _____ **Date** _____

Write in your actual prescriptions below. The names shown are the medicines Dr. Pettit commonly uses — your exact medicines, doses, and timing come from **your prescription labels and post-op protocol**.

MEDICATION	WHAT IT'S FOR	MY DOSE	WHEN / HOW OFTEN	NOTES
Acetaminophen Tylenol	Base pain control — take around the clock			Foundation medicine. Do not exceed your daily limit (per Dr. Pettit's protocol, no more than 3,000 mg in 24 hours). Avoid other products that also contain acetaminophen.
Anti-inflammatory (NSAID) Celebrex, Meloxicam, or Ibuprofen	Reduce pain & swelling			Take **with food**. Alternate with Tylenol. Do **not** combine with other NSAIDs (Advil, Aleve).
Breakthrough pain Oxycodone	Only for severe pain not controlled by the above			**No driving, alcohol, or machinery.** May cause drowsiness & constipation. Take only as needed.
Nonopioid pain medicine Journavx (suzetrigine)	Moderate to severe pain — replaces oxycodone			**If prescribed, this replaces oxycodone — do not take both.** Loading dose 100 mg the evening of surgery, then one 50 mg tablet every 12 hours; do not take before surgery. **No grapefruit** or grapefruit juice. Tell us if you have liver disease, take hormonal birth control, or take a CYP3A medicine.
Blood thinner (clot prevention) Aspirin — or Eliquis / Lovenox	Prevent blood clots (DVT)			Keep taking for the full course (often about 30 days). Do not stop without asking us.
Anti-nausea Zofran (ondansetron)	Nausea, as needed			
Muscle relaxer Flexeril (cyclobenzaprine)	Muscle spasms, as needed			Causes drowsiness.
Antibiotic As prescribed	Help prevent infection			Finish the **entire** course.
Stool softener Colace (docusate) ± MiraLAX	Prevent constipation from pain meds			Start the day of surgery. No bowel movement in 2 days → add a gentle laxative; 5 days → stop the opioid and call the office.
Other / home medication	—			
Other / home medication	—			

MEDICATION SAFETY

- Tylenol + an anti-inflammatory are the **foundation**; use breakthrough pain medicine only when needed.
- If you were prescribed **Journavx, it replaces oxycodone** — do not take both, and avoid grapefruit.
- Keep a daily **stool softener** going while on pain medicine.
- Take the NSAID and antibiotic **with food**; don't mix two NSAIDs.
- Keep taking your **blood thinner** for the full course to prevent clots.
- **No driving, alcohol, or machinery** while taking opioid pain medicine.
- Dispose of leftover narcotics at a police or fire station.

www.robertpettitmd.com

Evidence. Experience. Exceptional Care.

✓ Daily dose log

WRITE THE TIME YOU TAKE EACH DOSE

DATE	PAIN 0–10	TYLENOL (TIMES)	ANTI-INFLAM.	BREAKTHROUGH	BLOOD THINNER	OTHER	BM ✓

CALL THE OFFICE RIGHT AWAY FOR

- ⚠ Fever of 101°F or higher
- ⚠ Wound redness or drainage (other than a little blood)
- ⚠ Deep calf pain and swelling
- ⚠ Sudden increase in pain or swelling
- ⚠ Increased warmth around the incision
- ⚠ Severe abdominal pain, or no bowel movement in 5 days

Call the office: (513) 354-3700 · Direct line (513) 441-5639 — Call 911 for chest pain or trouble breathing.