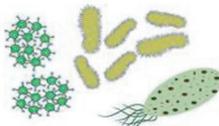


QUICK REFERENCE GUIDE

PROBLEMS	EXAMPLES	ACTION
<p>Pain, Muscle Spasm</p> 	<p>Medications:</p> <ul style="list-style-type: none"> Hydrocodone/Acetaminophen (Lortab®, Norco®) Oxycodone/Acetaminophen (Percocet®) Oxycodone <p>Alternate Tylenol and Ibuprofen as directed and use pain medication as needed.</p> <p>Non-medical therapies: Ask your provider which ones will be best suited for you</p> <ul style="list-style-type: none"> Ice and elevation for swelling Massage Relaxation or meditation Physical Therapy or exercise 	<p>Side effects from pain meds could include:</p> <ul style="list-style-type: none"> Drowsiness and confusion Constipation Nausea and vomiting Dizziness Shallow breathing <p>If your medication is not relieving your pain call your surgeon.</p> <p>DO NOT DRIVE WHILE TAKING PAIN MEDICATIONS</p>
<p>Nausea & Vomiting</p> 	<p>Your surgeon may have prescribed one of the following medications:</p> <ul style="list-style-type: none"> Ondansetron (Zofran®) Promethazine (Phenergan®) Scopolamine patch (Transdermal Scop®) <p>Take as directed to help with nausea</p>	<p>Eat small frequent meals that are easy on your stomach (soups, crackers, toast)</p> <p>Stay hydrated with small sips of fluids</p> <p>Take your pain medications with food (crackers or something small is fine)</p>
<p>Signs of Infection</p> 	<p>If more than 48 hours have passed since your surgery and you have any of the following:</p> <ul style="list-style-type: none"> Fever Swelling Pain at incision site Redness Drainage from incision 	<p>Call your provider at:</p> <hr/>
<p>Anesthesia Side Effects</p> 	<p>Common side effects can include:</p> <ul style="list-style-type: none"> Confusion Nausea Throat pain Dizziness 	<p>Rare side effects:</p> <ul style="list-style-type: none"> Loss of memory Breathing problems, pneumonia Stroke Heart attack
<p>911</p>	<p>Call 911 if you are experiencing any of the following:</p> <ul style="list-style-type: none"> Chest pain or tightness Difficulty breathing Caregiver is unable to arouse patient Weakness, slurred speech, facial drooping- which can be signs of a stroke 	<p>Call your surgeon right away if you have:</p> <ul style="list-style-type: none"> Excessive pain you can't tolerate Numbness, tingling or weakness Have itchy skin or a rash Fever over 101 degrees