

Jason K. Lowry, MD FAAOS
FL2145921
T0188705

www.jasonlowrymd.com
www.arlingtonortho.com



**ARLINGTON ORTHOPEDIC
ASSOCIATES, P.A.**

LIFE IN FULL MOTION

Arlington Orthopedic Associates
800 Orthopedic Way
Arlington, TX 76015
p: (817) 375-5200
f: (817) 299-1789
2801 East Broad St
Mansfield, TX 76063
2001 N. MacArthur Blvd
Ste 630
Irving, TX 75061

DATE:

DR. LOWRY'S DISCHARGE & OUT-PATIENT PAIN PROTOCOL

AN INTEGRAL PART OF A "RAPID REHAB PROTOCOL" IS MULTI-MODAL PAIN MANAGEMENT:

1. Scheduled non-narcotic analgesics (eg acet, tramadol, pregabalin, & cox2s)
2. Minimize narcotic use (side effects: nausea, fatigue, dizziness all impede on rehab/recovery)
3. Regional anesthesia: hips: FI block & knees: adductor canal block
4. A local, periarticular soft tissues injection (cocktail, Exparel, etc)
5. Early, safe, frequent mobilization
6. Ice packs to the operative site

OUTPATIENT/POST-DISCHARGE TO HOME:

1. ACETAMINOPHEN 650MG PO Q8 HRS
2. TRAMADOL 50MG PO Q8 HRS PRN PAIN
3. COX2 NSAIDs scheduled
 1. CELEBREX 200mg QDAY
 2. If sulfa allergy: NAPROXEN 500MG BID
 3. Avoid if: renal dz, pud, gi bleed
 4. NORCO T-TT PO Q4 HRS PRN PAIN

GENERAL RULES:

- OUTPATIENT: NARCOTIC SCRIPTS LIMITED TO ONE SCRIPT AFTER FIRST POSTOP VISIT
- INPATIENT: NARCOTICS LIMITED TO 90-DAYS
- REFERRAL TO PAIN MANAGEMENT IF:
 - THE ABOVE TWO SCENARIOS HAVE BEEN MET
 - YOU ARE ON NARCOTICS PRIOR TO YOUR SURGERY

PLEASE CALL MY OFFICE IF YOU HAVE ANY QUESTIONS: 817-375-5280

Dr. Jason K. Lowry, MD FAAOS