

**Jason K. Lowry, MD FAAOS**  
**FL2145921**  
**T0188705**

[www.jasonlowrymd.com](http://www.jasonlowrymd.com)  
[www.arlingtonortho.com](http://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