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**ARLINGTON ORTHOPEDIC
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LIFE IN FULL MOTION

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DATE:

DR. LOWRY'S POSTOP PAIN PROTOCOL

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

1. Scheduled non-narcotic analgesics (eg acet, tramadol, lyrica, & cox2s)
2. Minimal narcotic use (both oral & IV)
3. Regional anesthesia: hips: FI block & knees: adductor canal block
4. A local, periarticular soft tissues injection (cocktail, Exparel, etc)
5. Avoidance of PCA pumps
6. Early, safe, frequent mobilization
7. Sagacious use of foley catheters & avoidance of bedpans to encourage mobilization
8. Ice packs to the operative site

INPATIENT:

1. ACETAMINOPHEN 1000MG PO or IV Q8 HRS X 24HRS scheduled
 1. After POD #1: transition to 650mg PO Q8hrs scheduled
 2. Avoid if liver insufficiency/failure
2. TRAMADOL 50MG PO Q8 HRS scheduled
 1. Avoid if >75y/o or h/o dementia
3. COX2 NSAIDs scheduled
 1. CELEBREX 200mg BID
 2. If sulfa allergy: NAPROXEN 500MG BID
 3. Avoid if: renal dz, pud, gi bleed
4. Lyrica 75mg PO Q8 HRS
 1. Avoid if >75y/o or h/o dementia
5. ICE PACKS TO OPERATIVE JOINT
6. HYDROXYZINE 50MG PO Q8 HRS X 24HRS SCHEDULED
7. OXYCODONE 5MG T-TT PO Q4 HRS PRN MODERATE PAIN (5-6/10)
8. HYDROMORPHONE 0.5MG IV Q4 HRS PRN SEVERE PAIN (>7/10)

OUTPATIENT/POST-DISCHARGE TO HOME:

1. ACETAMINOPHEN 650MG PO Q8 HRS x2 wks schedule, then PRN thereafter
2. TRAMADOL 50MG PO Q8 HRS PRN PAIN
3. CELEBREX 200MG QDAY X 4 WKS: SULFA ALLERGY: NAPROXEN BID; AVOID
- AVOID IN 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

A handwritten signature in purple ink, appearing to read 'J. K. Lowry', with a stylized flourish at the end.

Dr. Jason K. Lowry, MD FAAOS