



Covenant
Health

Narcotic Sparing Analgesia Protocol (NSAP) Discharge Instructions for Pain Management

It is normal to have some discomfort after your operation. During your operation, local freezing and pain medications were given to help you with this. Your pain will improve day by day.

Medication Instructions

Please take your medications with milk or food and follow all the instructions given to you by your pharmacist.

First 3 days after surgery:

1. **Meloxicam** 7.5 mg (Mobicox):** Take 1 tablet by mouth, every 12 hours, for 3 days (prescription).
2. **Acetaminophen 500 mg (Extra-Strength Tylenol):** Take 2 tablets by mouth, every 6 hours, for 3 days (over the counter medication).

To maximize your pain relief, it is recommended that you take both medications.

If you do not have drug coverage for Meloxicam, you may substitute the following over-the-counter medication: **Naproxen 220 mg (Aleve) 2 tablets every 12 hours OR **Ibuprofen (Advil) 200 mg every 4-6 hours** for 3 days. **TAKE MEDICATIONS WITH FOOD**

This medication plan should relieve most of your discomfort. 90% of patients will have good pain control and will not require anything stronger.

You will be given a prescription for a stronger pain medication called **Tramadol****.
DO NOT FILL THIS PRESCRIPTION. Only fill it if the other medications do not control your pain.

**If you do not have coverage for Tramadol, then Codeine 30mg may be prescribed.

Medication Disposal

It is very important to dispose of leftover medications appropriately.

Please return any leftover prescription medications to your pharmacy or bring them to your follow up appointment.

Please notify your surgeon if you have a history of stomach ulcers, liver disease, kidney disease or allergies to any of these medications.