

Patient Education

Hand Center



Medications After Surgery

Name	What It Is	Dosage	Schedule	How to Use It	Side Effects
Oxycodone	Short-acting narcotic pain medicine	5 mg tablet	1 to 2 tablets every 3 to 4 hours as needed for pain	Begin to taper off as pain decreases Increase time between doses and decrease to 1 tablet at a time	Drowsiness, constipation, nausea*
Morphine Sulfate	Long-acting narcotic pain medicine	15 mg tablet	1 tablet every 12 hours	Take on a regular schedule You may stop taking if pain decreases Use only for the first few days after surgery for severe pain	Drowsiness, constipation, nausea*
Hydromorphone	Short-acting narcotic pain medicine	2 mg tablet	1 tablet every 4 hours as needed for severe <i>breakthrough**</i> pain	Use only as needed for severe <i>breakthrough**</i> pain Stop taking when pain decreases Use only for the first few days after surgery	Drowsiness, constipation, nausea*
Naproxen	Anti-inflammatory	500 mg tablet	1 tablet every 12 hours	Take with food You may stop taking it if pain and swelling decrease	Nausea, stomach or intestinal upset
Colace	Stool softener	250 mg tablet	1 tablet every 12 hours	Take with a full glass of water Increase fiber intake in diet Do not take if you have loose stools	Diarrhea
Scopolamine Patch	Anti-nausea patch	1.5 mg transdermal patch		Works for up to 72 hours Apply as instructed the night before or day of surgery Wash hands after handling patch	
Meclizine	Anti-nausea medicine	25 mg tablet	1 tablet every 12 hours as needed for nausea	Fill your prescription for Meclizine if you have nausea	

* See “Common Side Effects of Narcotic Pain Medicine” on next page.

** *Breakthrough* pain is sudden pain that is not eased by your normal pain medicines.

Questions?

Call 206-598-4263

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Weekdays, 8 a.m. to 5 p.m.:
Call the Hand Center at 206-598-4263.

After hours and on weekends and holidays, call 206-598-6190 and ask for the Hand Fellow on call to be paged. Your call will be returned.

For more information, please visit the Hand Center online at www.uwhand.com.

Common Side Effects of Narcotic Pain Medicines

Nausea

All narcotic pain medicines can make you feel nauseous. We strongly recommend that you take narcotic pain medicines with a small amount of food and **never** on an empty stomach. If your nausea continues, please fill the prescription for Meclizine you were given at the time of surgery. Take it as shown in the table on the first page of this handout.

Itching or Rash

It is fairly common for narcotic pain medicines to cause mild itching or a rash. If this occurs and your reaction is mild, we recommend you take diphenhydramine (Benadryl). You can buy Benadryl without a prescription (over the counter).

- For mild itching or rash, take 1 tablet (25 mg) by mouth every 8 hours as needed.
- If your reaction is severe and Benadryl is not helping, we recommend that you stop taking the pain medicine and call us right away. We will prescribe a different pain medicine for you.

Constipation

All narcotic pain medicines can make you constipated. We recommend you drink plenty of water and take the Colace stool softener if needed. If you are still constipated while using Colace, you may add a laxative. These laxatives are available over the counter:

- **Senna:** Take 1 to 2 tablets 2 times a day as needed.
- **Milk of Magnesia:** Take 30 ml at bedtime as needed.

If you are still having problems with constipation, please call the Hand Center nurse at 206-598-4263.

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Hand Center

Box 354740
4245 Roosevelt Way N.E. Seattle, WA 98105
206-598-4263