

## HUMBOLDT ORTHOPAEDIC ASSOCIATES, INC

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### Pain Control Following Surgery

We recommend the following pain control following your upcoming surgery.

At your preoperative visit, you will be given samples of Celebrex pills. We suggest that you take 2 of these pills the night prior to surgery and then take 1 Celebrex pill the day following your surgery.

We also suggest, in addition to the Celebrex, that you take 2 x 500mg Tylenol tablets 4 times a day for 3 – 4 days following your surgery or until you are essentially pain free. It is key that during the early postoperative pain period that you are very consistent with your dosage of Tylenol and Celebrex, even if you are having little or no pain.

You will also be given a prescription for Norco, which is a narcotic that also has Tylenol in it. If your pain is not controlled with the Celebrex and Tylenol as described above, then you can begin taking the Norco, 1 tablet every 3 – 4 hours to augment your pain control. *If you start taking Norco, decrease the Tylenol to 1 x 500mg tablet 4 times per day.*

It is very critical that you do not take more than the prescribed amounts of medications as previously discussed because you can place yourself at risk for liver or kidney injury as well as potential narcotic overdose.

If there are any questions or concerns regarding these issues, please do not hesitate to contact our office.

Sincerely,

Raymond A. Koch, MD  
Rus Gustavson, PA-C