

Orlando Plastic Surgery Center, LLC

Instructions for patients using narcotics after surgery

Using narcotics after surgery is important to help control your postoperative pain. However, along with pain relief, narcotics can bring some unwanted side effects. Please use the following guidelines to help eliminate the side effects.

NAUSEA/VOMITING. Please eat before taking your medication. This will virtually eliminate the nausea that can come with most narcotics. Please be aware that toast, soup, and/or crackers are not enough to prevent nausea. You will need to eat yogurt, pudding, mashed potatoes, ice cream, scrambled eggs, etc. These food have enough substance that they will wrap around the pill in your stomach and allow it to be absorbed without upsetting your stomach.

CONSTIPATION. Narcotics are infamous for causing constipation. It is very important to get your bowels moving as constipation can cause nausea, vomiting, fevers, and severe headaches as well as other problems. Please make sure that you increase your fluid intake (water, fruit juice, etc.), and that you have a stool softener on hand. Stool softeners such as Ducolax, Colace, or Pericolace are all available over the counter and work well.

PAIN MEDICATION WEARING OFF EARLY. Please notice that your prescription says one or two pills every 4 hours as needed for pain. You may notice that if you take two pills every four hours, the medication will wear off at three hours. If this occurs, you may take one pill every two hours, or ½ of a pill every hour to help better control your pain. This will help build up the level of medication in your bloodstream and will keep your pain under better control.

Please remember that if you need a refill on your medications you will need to call us BEFORE you run out of pills. Some medications cannot be called into the pharmacy, and you will need to make arrangements to have written prescription picked up from our office.

WARNING. Because narcotic pain medication can cause sedation and alter judgment, you should not drive a motor vehicle while taking these medications. In fact, it is illegal to drive under the influence of narcotic medications.