



HARVARD MEDICAL SCHOOL AND
BRIGHAM AND WOMEN'S HOSPITAL

Sports Medicine Pain Management Plan

We are implementing a post-operative pain management regimen that we believe treats and covers all sources of post op pain:

- Acetaminophen acts centrally in the nervous system (brain) to decrease pain.
- Meloxicam/Ketorolac - act locally at the joint to decrease inflammation and painful swelling.
- Gabapentin acts on nerves that carry pain signals to the brain and decreases nerve hyperactivity – muscle twitching and cramping.
- Hydrocodone/Oxycodone - act on nerves locally and centrally to decrease pain signals to the brain.

It is important to take the Acetaminophen, Meloxicam/Ketorolac, and Gabapentin on a scheduled basis. It may seem as though you are taking a lot of medications, but our plan is to more completely treat your post-operative pain.

Pre-operation Plan:

- Acetaminophen 650 mg every 6 hours for 3 days before surgery

Post-operation Plan:

- Scheduled –
 - Meloxicam 15 mg daily or Ketorolac 10 mg every 6 hours for 5 days
 - Acetaminophen 1000 mg every 6 hours for 5 days
 - Gabapentin 100 or 300 mg every 8 hours for 5 days
- As needed –
 - Oxycodone 5 mg, 1-2 tablets every 4 hours (for first 2-3 days) in addition to scheduled medications