



Name: _____

DOB: _____

MEDICATION GUIDE

- DO NOT take Vitamin E, red wine, Advil, Aleve, midol, naproxen, ibuprofen, aspirin, Motrin, indomethicin, or any medications that are Nonsteroidal Antiinflammatory Drug (NSAID) for 10 days before surgery, and 10 days after surgery.
- Please STOP semaglutide, Wegovy, Ozempic, Mounjaro, or any similar weight loss medication 2 weeks before surgery
- It is recommended to stop taking any estrogen containing medications including birth control 10 days prior to surgery and do not resume until 10 days after surgery. If you have an implantable device, you do NOT need to remove it.
- Nausea can occur from anesthesia or from the oxycodone. You may take Zofran for nausea but make sure you stay hydrated if this happens.
- You do not need an antibiotic for this procedure.
- You will be prescribed Celebrex (celecoxib), Gabapentin, Zofran(ondansetron), and Oxycodone/Tramadol.
- Sometimes insurance does not cover Celebrex and the costs is ~\$80-100. We recommend going to GoodRx.com for a free coupon code. You may choose not to fill this prescription if you do not want to.
- **Please pickup Tylenol/Acetaminophen, Colace, and a bottle of Hibiclens at your pharmacy.**

10 Days before Surgery:

STOP all Vitamin E, red wine, and Aspirin, Motrin, Advil, Ibuprofen, Aleve, Naprosyn, Midol, Indomethicin or any anti-inflammatory medications. If you are not sure, please ask. You may take Tylenol/Acetaminophen.

Day before Surgery:

Cleanse area with Hibiclens (Chlorhexidine) for any surgery below the neck.

Take Gabapentin 300 mg in the evening

No Food or Drink after Midnight, this includes snacks, gum, crackers, and coffee.



Name: _____

DOB: _____

Day of Surgery:

Morning (before surgery):

No Food or Drink

Cleanse area with Hibiclens for any surgery below the neck.

Take (with small sip of water just before arrival):

- Celebrex 200 mg
- Tylenol/acetaminophen 1000 mg (2 extra-strength tabs)
- Approved morning medications

After Surgery:

Drink plenty of fluids.

Eat in small amounts to make sure you do not get nauseated.

Take:

- Tylenol/Acetaminophen 1000 mg (2 extra strength) every 8 hours
- Zofran as needed for nausea
- Colace 100mg every 12 hours (while you are taking Oxycodone)
- Oxycodone/Tramadol if needed for severe pain

Evening:

Take:

- Celebrex 200 mg
- Gabapentin 300 mg

Following Days:

Continue to take:

- Tylenol/Acetaminophen 1000 mg (2 extra strength) every 8 hours until pain is manageable without medication.
- Celebrex 200 mg morning and evening until you finish.
- Gabapentin 300 mg in the evening until you finish.
- Oxycodone/Tramadol if needed for severe pain. This should be the first medication to stop.
- Colace 100mg every 12 hours as long as you are taking Oxycodone/Tramadol.