

Medication Schedule

Here is a breakdown of a possible schedule for you re: medication. You don't have to follow it exactly. I think it is helpful to have a framework to go by.

I have based it on that you wake up at 8am.

Time	Medication
8 a.m.	Tylenol 1000mg (two tabs) + Cephalexin 500mg + Senokot (one tab) + Celebrex + apply Polysporin to incisions
1 p.m.	Tylenol 1000mg (two tabs) + Cephalexin 500mg + apply Polysporin to incisions
6 p.m.	Tylenol 1000mg (two tabs) + Cephalexin 500mg
11 p.m.	Tylenol 1000mg (two tabs) + Cephalexin 500mg + Senokot (one tab) + Celebrex + apply Polysporin to incisions

Taking the medications with a bit of food can be helpful. Even just a small amount like a few bites of apple sauce or some smoothie or half a piece of toast would be good. The Cephalexin can also make people a little nauseated and taking it with food can help with this. Having small amounts of nutritious and fibrous foods throughout the day is helpful with the nausea and with building strength. So having smoothies, fruits, crackers, soups etc. Staying away from high fat/greasy/fried foods is best.

You will also have the Oxycodone 5mg tablets. Take these when pain gets over the 5/10 level.

We can add in more Senekot as well – but I find just a low does regularly is best. It can also upset the stomach a bit. If you are having trouble with bowel movements – take the 2 tablets. If you are going well, you can stop taking.

Please make to bring the Metrogel to the Monday appointment.