



Dr. Lightbourne Post-Operative Medication Instructions.

Following your surgical procedure by Dr. Lightbourne, these are some helpful hints in taking the post-operative medication to ensure that pain/swelling is minimize and most importantly infection is prevented. Generally, the following is a list of Medications that are prescribed:

1. **Arcoxia:** Medicine for PAIN that is taken once daily.
2. **Atasol:** Medicine for break-through or moderate/severe pain taken every 4 or 6 hours as indicated in your written prescription. This is taken with the above medication (Arcoxia) to help reduce the pain. Sometimes you may only get Atasol ONLY if the doctor anticipates that you will only have mild tenderness.
3. **Ciprofloxacin:** Antibiotic taken twice daily to help prevent infection associated with surgical site.
4. **Medrol Dose Pack:** Medication to help limit swelling associated with the surgical site.

Immediately after the surgery, PLEASE follow the listed instructions:

A. Within ONE HOUR after the procedure: PLEASE take one tablet of **Arcoxia**.

B. After two hours of the Procedure: PLEASE take two tablets of **Atasol**.

C. Every four hours after taking the **Atasol**, continue to take two tablets of **Atasol** every four hours for the next 12 hours. Continue taking one or two tablets of the **Atasol** every four or six hours depending on the pain level. PLEASE continue to take the **Arcoxia** (One Pill per day) until it is finish.

D. **Antibiotics:** Please take **Ciprofloxacin** tablet twice daily, usually one in the morning and the other at night for five days

E. **Medrol Dose Pack:** Take as directed by the medication instruction. Usually it is a 6-day dosage.

You either start the regime on the day of the procedure if it was completed in the morning period or start the regime the next day if your procedure was in the afternoon.