



**Aruna M. Seneviratne, MD**  
Department of Orthopaedic Surgery  
425 West 59<sup>th</sup> Street, 5<sup>th</sup> floor  
New York, NY 10019  
Tel. 212-636-8290  
Fax 212-636-3102

## **Pain Management Protocol for Joint Replacement Procedures**

### **Pre operatively 1 day before surgery**

Take Tylenol 1000mg every 8 hours (pre-loading Tylenol has shown to reduce post-operative pain)

### **Pre operatively on day of surgery**

Celebrex 200mg in holding area in the hospital

### **Post operatively**

Tylenol 1000mg every 8 hours for 3-4 weeks (this is the foundation of your pain reduction protocol)

Celebrex 200mg once a day for 30 days (this builds on the foundation)

Neurontin 100mg every 8 hours for 3 weeks (to reduce the burning type of pain that arises due to nerve irritation)

Oxycodone 5-10mg every 4-6 hours as needed for pain control (only use if needed for pain not controlled with the above 3 medications)

Aspirin 325mg every 12hrs for 4 weeks (to prevent blood clots in leg)