

POST OPERATIVE MEDICATIONS AND THEIR USE

You have received prescriptions for the following marked medications:

1. Ketorolac (Toradol) should be taken as two tablets when pain commences. You should take only one tablet every six hours thereafter until finished. After the initial dose, never take more than four tablets a day.
2. Hydrocodone/Acetaminophen (Lortab, Vicodin) is a short-acting narcotic. You can take this medication every 2-4 hours as a supplement to the Toradol if needed.
3. Diazepam (Valium) is an anti-spasmodic given to relax the pelvic floor muscles. Take it twice daily for 2 days.
4. Cephalexin (Keflex) is a prophylactic antibiotic taken four times daily for a week. Complete all of the medication. If you are allergic to penicillin you will be given a non-penicillin antibiotic.
5. Proctozone (Anusol cream) is placed around the rectum to prevent hemorrhoids and diminish swelling. Apply 2-3 times daily.
6. Colace or any over-the-counter stool softener should be taken twice daily to alleviate hard stools and constipation for two weeks.
7. Tylenol, Aleve, Motrin or Advil can all be used for less severe discomfort. Do not take aspirin.
8. Dulcolax suppositories or a Fleet enema can be used if you are unable to have a bowel movement by the second day after surgery.
9. If you are having surgery on your bladder you will most likely require a urinary catheter for several days. Azo™ or Uristat™ are two over the counter medications which effectively relieve discomfort from the catheter. Bring it with you to the surgicenter for immediate postoperative use.
10. Estrogen cream is placed on the suture lines once at bedtime to soften the tissue and enhance healing. If you had vaginoplasty one gram is inserted internally each day as well. It is applied daily for two months.
11. D-More Collagen Perfect Serum, available through our office, helps to promote recovery and skin restoration after cosmetic procedures. It should be applied to all external skin edges in the morning and afternoon.