



## Managing Your Pain After Surgery

Your provider has prescribed celecoxib (Celebrex™), a nonsteroidal anti-inflammatory drug, after your surgery as a part of your pain care plan to help manage your pain and reduce inflammation. This medication is not an opioid medication. **Do not take extra doses than what is prescribed.**

### How do I take this medication?

- Take (1) celecoxib 200 mg capsule by mouth once daily **with food** for 14 days following your discharge from the hospital
  - **Do not take more than 200 mg (1 capsule) each day**

### How do I know if it's working?

Pain is a normal, expected part of the healing process following surgery. Easing acute pain does not mean taking it away completely. The goal is to manage your symptoms so that you can do what you need to do every day. It is important you take your medications as prescribed. You should use cold packs to help lessen swelling and discomfort.

### How do I know if something is wrong?

You should stop taking celecoxib and **call our Nurse Advisor Hotline immediately at 608-785-0940** if you experience any of the following symptoms: chest pain, shortness of breath, slurred speech, difficulty with vision or balance, black or bloody stools, rash, hives, or swelling.

### What else can I take to manage my pain?

Your provider may recommend you take an over-the-counter medication such as acetaminophen (Tylenol™) for additional pain relief. Make sure you are not taking any other over-the-counter medications that contain acetaminophen, such as certain cold medications. Read the package ingredients or talk with a pharmacist to be sure.

- Take acetaminophen 1000 mg by mouth every 6 hours while awake on Days 1 – 3 following discharge, then acetaminophen 1000mg by mouth every 6 hours **as needed for pain** for 21 days
  - **Do not take more than 4000 mg each day**

### Acetaminophen Dosing Schedule Chart:

Medication	Discharge Day		Day 1: _____		Day 2: _____		Day 3: _____	
Acetaminophen 1000 mg	Y/N	At breakfast	Y/N	At breakfast	Y/N	At breakfast	Y/N	At breakfast
Acetaminophen 1000 mg	Y/N		Y/N		Y/N		Y/N	
Acetaminophen 1000 mg	Y/N		Y/N		Y/N		Y/N	
Acetaminophen 1000 mg	Y/N	At bedtime	Y/N	At bedtime	Y/N	At bedtime	Y/N	At bedtime

If you have questions or concerns when recovering at home, please contact:

- **Clinic Hours – Monday to Friday 8:00 am – 5:00 pm**
  - Call **608-392-9876** to speak to a clinic nurse
- **After Hours – Weekdays after 5:00 pm, Weekends, Holidays**



- Call **608-785-0940** to reach the Nurse Advisor Hotline