

PLASTIC SURGERY PAIN CALENDAR

- Start this calendar the **day of your surgery**.
- Mark the time of your last medication administration on the calendar
 - o This is best done by asking the nurse what time and what medications you received by mouth before you left for home.
 - o Base and record all future medication administrations on this starting time.

Post Operative Day 0 (Day of Surgery)					
Date		Tylenol 1000mg Ever 6 hours	Meloxicam 15mg / Day starting morning after surgery	Ibuprofen 400-600mg every 4-6 hours if NOT TAKING Meloxicam Start Morning After Surgery	Oxycodone 5-10mg every 4-6 hrs as needed
	10am				
	11am				
	12pm				
	1pm				
	2pm				
	3pm				
	4pm				
	5pm				
	6pm				
	7pm				
	8pm				
	9pm				
	10pm				
	11pm				

	12pm				
Date		Tylenol 1000mg Ever 6 hours	Meloxicam 15mg / Day starting morning after surgery	Ibuprofen 400-600mg every 4-6 hours if NOT TAKING Meloxicam start morning after surgery	Oxycodone 5-10mg every 4-6 hrs as needed
	1am				
	2am				
	3am				
	4am				
	5am				
Post Operative Day # 1					
	6am				
	7am				
	8am				
	9am				
	10am				
	11am				
	12pm				
	1pm				
	2pm				
	3pm				
	4pm				
	5pm				

Post Operative Day # 1					
Date		Tylenol 1000mg Ever 6 hours	Meloxcam 15mg / Day starting morning after surgery	Ibuprofen 400-600mg every 4-6 hours if NOT TAKING Meloxicam Start Morning After Surgery	Oxycodone 5-10mg every 4-6 hrs as needed
	6pm				
	7pm				
	8pm				
	9pm				
	10m				
	11pm				
	12am				
	1am				
	2am				
	3am				
	4am				
	5am				

Post Operative Day # __					
Date		Tylenol 1000mg Ever 6 hours	Meloxcam 15mg / Day starting morning after surgery	Ibuprofen 400-600mg every 4-6 hours if NOT TAKING Meloxicam Start Morning After Surgery	Oxycodone 5-10mg every 4-6 hrs as needed
	6am				
	7am				
	8am				
	9am				
	10am				
	11am				
	12pm				
	1pm				
	2pm				
	3pm				
	4pm				
	5pm				
	6pm				
	7pm				
	8pm				
	9pm				
	10pm				
	11pm				
	12pm				
	1am				

Post Operative Day # ____					
Date		Tylenol 1000mg Ever 6 hours	Meloxcam 15mg / Day starting morning after surgery	Ibuprofen 400-600mg every 4-6 hours if NOT TAKING Meloxicam Start Morning After Surgery	Oxycodone 5-10mg every 4-6 hrs as needed
	2am				
	3am				
	4am				
	5am				

Post Operative Day # 1					
Date		Tylenol 1000mg Ever 6 hours	Meloxcam 15mg / Day starting morning after surgery	Ibuprofen 400-600mg every 4-6 hours if NOT TAKING Meloxicam Start Morning After Surgery	Oxycodone 5-10mg every 4-6 hrs as needed
	6pm				
	7pm				
	8pm				
	9pm				
	10m				
	11pm				
	12am				
	1am				
	2m				
	3am				
	4am				
	5am				