



Post-Operative Medication Instructions

JIFFY KNEE Total Knee Replacement (TKA)

Please read this entire guide carefully. It explains the medications you may be taking after your knee replacement. Our goal is to keep instructions simple, clear, and easy to follow.

When you receive a survey asking if you are using narcotics, please answer **NO** if you are taking Journavx.

Before Surgery

You must pick up all medications from your pharmacy within 24 hours of when they are sent. This prevents delays caused by pharmacy shortages or insurance requirements.

Bring **all** medications with you on the morning of surgery.

****Not every patient will take every medication listed below. Your doctor will tell you which ones apply to you****

Pain & Inflammation Control

1. Journavx 50 mg (up to 30 days)

- Take **2 tablets** before coming to the hospital or surgery center on the morning of surgery (with a small sip of water).

- Then take **1 tablet every 12 hours** starting the same night you return home after surgery.
- **Do NOT take this medication with grapefruit.**

This is your primary non-narcotic pain medication. It helps control pain while reducing the risk of side effects and dependence.

2. Meloxicam 15 mg (up to 14 days)

- Take **1 tablet every evening**, starting the same night you return home after surgery.
- Helps to reduce pain, inflammation, and swelling.

3. Gabapentin 300 mg (up to 30 days)

- Take **1 tablet every evening** starting the same night you return home after surgery.
- Helps with nerve pain and improves sleep.

4. Dexamethasone 4 mg

- Take **1 tablet twice a day for 4 days** starting the same night you return home after surgery.
- On the day of surgery: **take only the evening dose.**

Reduces pain and swelling.

Important: If you have diabetes with a high A1C, you may not be able to take this medication.

5. Aspirin (Enteric-Coated) 325 mg

- Take **1 tablet twice a day for 30 days.**
- Helps prevent blood clots after surgery.
- If insurance does not cover it, you may buy it over the counter.
- Start the first dose the morning **after** surgery.

If you already take a prescription blood thinner (Eliquis, Pradaxa, Coumadin, Xarelto, Plavix, etc.): - You will restart your usual blood thinner the morning after surgery. This may include aspirin if you were on it before surgery.

Nausea Management

6. Ondansetron (Zofran) 4 mg

- Take **1 tablet every 6 hours as needed** for nausea or vomiting.
- You may take this any time after surgery.

Bleeding Prevention

7. Tranexamic Acid 650 mg (5 Days)

- Take **1 tablets, twice a day**, starting the same night you return home after surgery. Finish the entire prescription.

Helps prevent bleeding and improves healing and range of motion.

You may not have received this medication if you have a history of: - Stroke - Blood clots - Cardiac stents - TIA (mini-stroke)

Infection Prevention (Antibiotic) IF APPLICABLE

8. Antibiotic (varies depending on allergies) (5 Days)

- Starting the same night you return home after surgery.
 - Take with food to prevent stomach upset.
 - Finish the full course, even if you feel well.
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Bowel Management

9. Colace 100 mg (stool softener)

- Take **1 tablet twice a day as needed** for constipation.
- Helps keep your bowels moving after surgery.

- If insurance does not cover it, you may buy it over the counter.
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If you have any questions about your medication list, please contact our **CONCIERGE ACCESS LINE at 615.603.5166**. We are here to help you through your recovery.