

**Inclusion criteria:**

- Patients > 10 years of age
- Shoulder, elbow, knee, and ankle sports medicine cases (open and arthroscopic)

**Exclusion criteria:**

- Diagnostic scope alone
- Manipulation under anesthesia only
- Trauma cases

**Postoperative Medication Instructions**

Instruct patient/family to use alternating doses of ibuprofen and acetaminophen first and then add oxycodone/diazepam only as needed for breakthrough pain or muscle spasms

**Minor Case**

- Ex: plica excision, diagnostic arthroscopy, partial meniscectomy, microfracture
- Acetaminophen 15 mg/kg q 6 hours x 3 days, then as needed
- Ibuprofen 10 mg/kg q 6 hours x 3 days, then as needed
- Oxycodone 0.1 mg/kg q 4 hours PRN for 5 doses
  - Tablets: 5 mg/10 mg
  - Oxycodone elixir concentration 1 mg/ml

**Moderate Case**

- Ex: ACL, MPFL, OCD fixation, meniscus repair
- Acetaminophen 15 mg/kg q 6 hours x 5 days, then as needed
- Ibuprofen 10 mg/kg q 6 hours x 5 days, then as needed
- Oxycodone 0.1 mg/kg q 4 hours PRN for up to 10 doses (3 days)
  - Tablets: 5 mg/10 mg
  - Oxycodone elixir concentration 1 mg/ml
- Aspirin 81mg BID for 21 days for patients (female >13 years, male >15 years) with weight bearing restrictions

**Major Case**

- Ex: shoulder cases, multiligament knee reconstruction, osteotomy cases
- Acetaminophen 15 mg/kg q 6 hours x 7 days, then as needed
- Ibuprofen 10 mg/kg q 6 hours x 7 days, then as needed
- Oxycodone 0.1 mg/kg q 4 hours PRN for 15 doses
  - Tablets: 5 mg/10 mg
  - Oxycodone elixir concentration 1 mg/ml
- Diazepam 0.1mg/kg q 8h PRN for muscle spasms for 9 doses
- Aspirin 81mg BID for 21 days for patients (female >13 years, male >15 years) with weight bearing restrictions

[Intraoperative to discharge algorithm](#)

*This care process model is meant as a guide for the healthcare provider, does not establish a standard of care, and is not a substitute for medical judgment which should be applied based upon the individual circumstances and clinical condition of the patient.*