

## Medications

### Shoulder

Voltaren 100 mg XR PO daily x 14 days, #14 pills  
Lyrica 75 mg PO daily x 14 days, #14 pills  
Percocet 10/325 mg PO q8h as needed for pain, #20 pills

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### Elbow

Voltaren 100 mg XR PO daily x 14 days, #14 pills  
Lyrica 75 mg PO daily x 14 days, #14 pills  
Percocet 10/325 mg PO q8h as needed for pain, #20 pills

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### Hip

Ecotrin 325 mg PO daily x 42 days, #42 pills  
Losartan 25 mg PO daily x 6 weeks, #42 pills  
Voltaren 100 mg XR PO daily x 14 days, #14 pills  
Lyrica 75 mg PO daily x 14 days, #14 pills  
Percocet 10/325 mg PO q8h as needed for pain, #20 pills

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### Knee

Ecotrin 325 mg PO daily x 14 days, #14 pills  
Voltaren 100 mg XR PO daily x 14 days, #14 pills  
Lyrica 75 mg PO daily x 14 days, #14 pills  
Percocet 10/325 mg PO q8h as needed for pain, #20 pills

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### Ankle

Ecotrin 325 mg PO daily x 14 days, #14 pills  
Voltaren 100 mg XR PO daily x 14 days, #14 pills  
Lyrica 75 mg PO daily x 14 days, #14 pills  
Percocet 10/325 mg PO q8h as needed for pain, #20 pills

## Stop Medications Before Surgery\*

Medication Class	Examples	Stop Before Surgery	Notes
Warfarin	Coumadin	5 days	Goal INR <1.5
DOAC	Apixaban, Rivaroxaban, Dabigatran	3–5 days	Longer if renal impaired
Aspirin	ASA, Ecotrin	5–7 days	Discuss with cardiology for stents
Clopidogrel	Plavix	5–7 days	Discuss with cardiology for stents
NSAID	Ibuprofen, Naproxen	3–7 days	Increased bleeding risk
Biologics (TNF Inhibitors)	Humira, Enbrel, Remicade	1 dosing cycle before	Increased infection risk
JAK Inhibitors	Tofacitinib, Upadacitinib	3–7 days	Discuss with rheumatology
Methotrexate	MTX	Continue	Consider holding with renal issues
Chronic Steroids	Prednisone	Continue	Might need stress dosing
GLP-1 Agonists	Semaglutide (Ozempic), Tirzepatide	7 days	Aspiration risk
Metformin	Glucophage	Hold on morning	Resume if renal function stable
Insulin	Various	Adjust dose	Discuss with PCP
ACEI / ARB	Lisinopril, Losartan	Hold on morning	To prevent hypotension
Beta Blockers	Metoprolol	Continue	To avoid withdrawal
Supplements / Herbals	Fish oil, Vitamin E, ginkgo	7–14 days	Increased bleeding risk

\*Please check with your prescribing physician before stopping any medications.

## Resume Medications After Surgery

Medication Class	Resume
Anticoagulants	24 hours after surgery
Biologics	2 weeks after surgery
GLP-1	24 hours after surgery
ACEI/ARB	24 hours after surgery
Metformin	24 hours after surgery