

## MANAGING YOUR PAIN AFTER SURGERY

Pain after surgery is expected. Controlling your pain is important to maintain comfort and ensure early return to normal function. Your surgeon will make every effort to help manage your pain safely.

Discuss with your surgeon if you take pain medications on a regular basis or if you cannot tolerate a particular medication. This will help ensure your safety and that your symptoms are appropriately managed. If you have a history of alcohol or drug use, please talk with your surgeon. Efforts will be made decrease your risk of opioid dependency/addiction by minimizing your exposure.

Often different kinds of medications will be prescribed to manage your pain. Pain medications can work together to provide a superior level of pain control than each medication taken alone.

**The following information has been provided to help you understand your pain management plan. Please follow carefully the marked instructions below:**

**NONSTEROIDAL ANTI-INFLAMMATORY DRUGS (*Ibuprofen, Naproxen, Celecoxib*)**

Mild to moderate pain

- Ibuprofen (Aleve or Motrin) is used to treat moderate pain and reduce inflammation.
- **Take 600 mg of Ibuprofen every six hours as needed for pain.** Contact your surgeon if you take ibuprofen longer than two weeks.
- Tell your doctor if you have a history of stomach ulcers, asthma, nasal polyps, kidney disease, or take blood thinners as taking ibuprofen can lead to worsened symptoms.

**ACETAMINOPHEN (*Tylenol*)**

Mild to moderate pain

- Acetaminophen (Tylenol) is used to treat moderate pain.
- **Take 500 mg of Acetaminophen every six hours as needed for pain.**
- Tell your doctor if you have a history of liver disease as this can lead to further liver damage. **Do not take with alcohol.**

**IBUPROFEN AND ACETAMINOPHEN**

Moderate pain

- Taking ibuprofen and acetaminophen together can be just as effective as taking a narcotic pain medication for moderate to severe pain.
- **Take 500 mg of Acetaminophen and 600 mg Ibuprofen every six hours as needed for pain.**

**NARCOTIC PAIN MEDICATIONS (*Codeine, Hydrocodone, Oxycodone*)**

Severe pain

- You have been prescribed a narcotic pain medication to treat moderate to severe pain
- **Do not drive, drink alcohol, operate heavy machinery, or go to work while taking narcotic pain medications.**
- Narcotics can cause constipation. Please take an over-the-counter stool softener as needed.
- Narcotics can cause nausea. Avoid taking narcotics on an empty stomach. Contact your surgeon if symptoms persist and an anti-nausea medication can be prescribed
- Narcotic pain medications may also contain acetaminophen or ibuprofen. Carefully record the dose and time of every medication you take to avoid exceeding the maximum daily dosage.

**CALL (865) 482-1319 WITH ANY QUESTIONS OR CONCERNS**