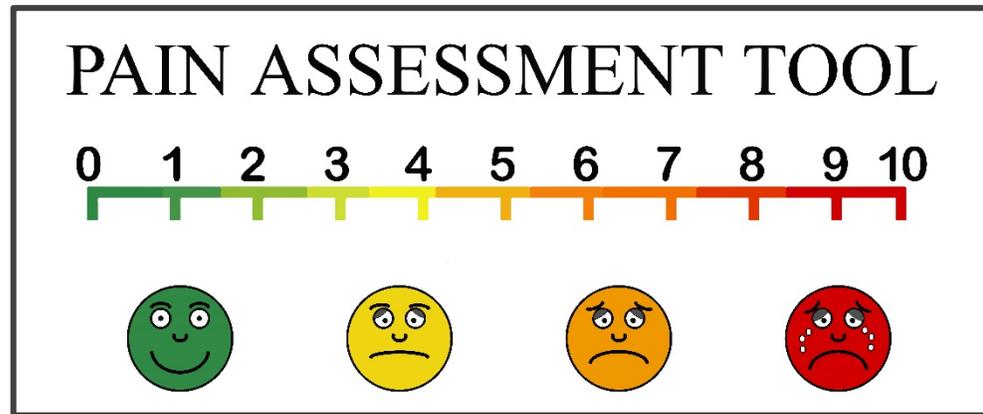


Pain Management After Surgery

PainPack Protocol

Should I expect pain after my surgery?



Pain is a normal response to injury.

You should expect to have some discomfort after surgery that may last for the first few days.

Everyone experiences pain differently.

Our goal is to help you minimize how much discomfort you have and decrease how long that discomfort lasts.

What can I do to reduce my pain?



- ▶ **Rest** - Remember to take frequent, intermittent rest periods.
- ▶ **Ice** - Apply icepack, as instructed, for the first few days.
- ▶ **Reposition** - Change position or elevate limb as needed for comfort.

What about pain medication?



For better pain control and faster recovery

We recommend taking prescription
strength doses every 8 hours
for the first 3 days of:

Acetaminophen

(for example Tylenol®)

and

Ibuprofen

(for example Advil®)



Acetaminophen

- ▶ You may take up to **1000 mg** every **8** hours
- ▶ Never take more than **3000 mg** in one day



Ibuprofen

- ▶ You may take up to **800 mg** every **8** hours
- ▶ Never take more than **2400 mg** in one day



When do I take my prescribed pain medication?



Treatment for Severe Pain

We recommend taking your opioid:

- For initial relief of **severe pain**.
- For pain **not controlled** after **Acetaminophen** and **Ibuprofen**.

When taking prescribed opioid,

**Start with 1/2 pill.
Increase only if needed.
(1/2–2 pills every 4–6 hours)**

Do not take more than 6 pills in one day.



Were you given a numbing block?

If you were given a numbing block by anesthesia, we *strongly* recommend taking your opioid at **bedtime** or at the **first sign of returning sensation**.

Take one whole pain pill for your first dose.

Once feeling has returned, you may use your opioid when needed to treat pain.

Do not wait until your numbing block is gone!

**Remember to start Acetaminophen and Ibuprofen regime as well.*



- ▶ Remember to take medications with food and plenty of liquids.
(Follow fluid restrictions recommended by cardiology or your primary care doctor)
- ▶ Do not take more than the recommended daily dose of any medication.
- ▶ Remember to begin reducing your Acetaminophen and Ibuprofen dose after the 3rd day.
- ▶ Contact your surgeon's office or the Emergency Department with uncontrolled nausea and vomiting, continued severe pain, or allergic reaction.

For your safety and better pain control, use the chart to track when you take your medications.

Please bring this chart to your follow-up appointment.

DAY # 1				DAY # 2				DAY # 3				DAY # 4				DAY # 5			
TYLENOL		MOTRIN		TYLENOL		MOTRIN		TYLENOL		MOTRIN		TYLENOL		MOTRIN		TYLENOL		MOTRIN	
time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose
time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose
time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose
time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose
Prescription Opioid																			
DAY # 1				DAY # 2				DAY # 3				DAY # 4				DAY # 5			
time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose
time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose
time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose	time	dose
Contact your SURGEON'S OFFICE or EMERGENCY ROOM for uncontrolled pain, nausea and vomiting, or allergic reaction.																			
PLEASE bring this sheet to your first postoperative visit																			

For your safety...

Please let your healthcare team know if you have any of the following as it may prohibit you from following this pain management plan:

- **Liver problems**
- **Kidney problems**
- **Stomach ulcers**
- **Taking blood thinners**
- **Allergy to Acetaminophen or Ibuprofen**
- **Alcohol use**

Before taking any medications for pain, we recommend discussing your pain management plan with your surgeon if you have any of the above conditions.