

WHEN TO CONTACT YOUR SURGEON

UNCONTROLLED PAIN

Acute post-op pain usually begins to improve 2-3 days after surgery. Your body's response will depend on several factors.

Utilizing a Multi-Modal approach will help you stay ahead of your pain. Non-opioid analgesics are first-line agents and should be taken as prescribed to maintain a therapeutic level.

For breakthrough pain, take **2 tablets of your prescribed opioid every 4 hours**. If pain is still uncontrolled after two doses (8 hours), then contact your doctor to discuss adjusting your dose.

MEDICATION SIDE EFFECTS

All medications can cause side effects. For mild symptoms, typically, OTC medications can resolve your discomfort.

For **mild** side effects, try an OTC remedy:

- Itching: Benadryl tablet (do not apply a cream to the surgical site)
- Constipation: Stool softener or Miralax

For mild to **moderate** side effects not improving with OTC remedies, contact your physician:

- Nausea and vomiting
- Dizziness
- Constipation
- Itching

For **severe** side effects, dial 911 or report to the nearest emergency room:

- Slowed breathing
- Impaired motor skills, thinking, or slurred speech
- Slow heartbeat or low blood pressure
- Unresponsive to voice or touch
- Blue lips, pale/clammy skin

SHARE YOUR EXPERIENCE

YOUR FEEDBACK ON MULTI-MODAL PAIN CONTROL IS VALUABLE TO OUR TEAM AND WILL HELP US IDENTIFY AREAS FOR CONTINUED IMPROVEMENT.

PLEASE SHARE YOUR INPUT BY ANSWERING THE QUESTIONS BELOW AND GIVE TO YOUR PROVIDER AT **YOUR FIRST POST-OP APPOINTMENT**.

WHAT SURGICAL PROCEDURE DID YOU HAVE?

DO YOU FEEL THAT YOUR POST-OP PAIN WAS ADEQUATELY CONTROLLED?

YES

NO

DID YOU NEED A REFILL ON YOUR OPIOID WITHIN THE FIRST 5-7 DAYS?

YES

NO

DID YOU TAKE NON-OPIOID MEDICATIONS?

YES

NO

WHAT WAS THE MOST EFFECTIVE MEDICATION OR THERAPY AT RELIEVING YOUR PAIN?

PLEASE SHARE ADDITIONAL COMMENTS REGARDING YOUR PAIN MANAGEMENT AFTER SURGERY:

ANDREWS

Sports Medicine & Orthopaedic Center

ACUTE PAIN MANAGEMENT AFTER SURGERY



A GUIDE TO HELP YOU ACHIEVE RELIEF USING A MULTI-MODAL APPROACH

MEDICATION

NON-OPIOID ANALGESICS

Begin non-opioid analgesics immediately post-op and continue to take them as prescribed for at least the **first 5-7 days after surgery**, then as needed.

Non-opioid analgesics include:

- Suzetrigine (Journavx)
- Non-Steroidal Anti-inflammatories (NSAIDs)
- Acetaminophen (Tylenol)

OPIOID ANALGESICS

Opioids are prescribed to supplement non-opioid analgesics and should be taken only as needed for breakthrough pain.

Typically, breakthrough pain is most severe **12-72 hours after surgery**. You can start with one tablet as prescribed, but you may need to take **2 tablets every 4 hours until you get comfortable**.

Opioids are powerful medications and can be addictive. Take the lowest effective dose for the shortest possible time.

Opioids include:

- Hydrocodone (Norco)
- Oxycodone (Percocet)
- Hydromorphone (Dilaudid)
- Tramadol (Ultram)
- Nucynta (Tapentadol)

OTHER ADJUNCT MEDICATIONS

Supplemental medications can be helpful to treat specific symptoms like muscle spasm and inflammation. If prescribed, then begin these medications immediately post-op and take as directed.

- Muscle Relaxants
- THC-Free Clinical CBD Products

THERAPEUTIC INTERVENTIONS

PHYSICAL THERAPY

For most procedures, your first post-op physical therapy appointment will be 1-3 days after surgery. Attending physical therapy will not only assist with pain management but can also help you achieve a faster recovery while lowering the risk of complications.

Benefits of physical therapy:

- Pain Management
- Mobilization and range of motion
- Strengthening muscles
- Improving balance
- Preventing scar tissue
- Assistive device training
- Customized treatment plan
- Patient education
- Support and motivation

R I C E

The RICE method can help reduce inflammation, swelling, pain, and bleeding in your soft tissues.

- **Rest** after surgery and protect your surgical site. Appropriate rest allows your tissues to recover and heal without new trauma.
- **Ice** can cause your blood vessels to constrict and numb your tissues. Protect your skin with a thin cloth and apply ice to your surgical site for 15-20 minutes every 1-2 hours or as needed for pain and swelling. *Do not submerge in an ice bath.
- **Compress** the surgical site by wrapping with an ACE wrap to provide gentle pressure. Compression can control swelling while also supporting and protecting your wound.
- **Elevate** the surgical site above the level of your heart. This will limit bleeding and reduce swelling.

NOTES

MEDICATION DIARY

Medication	# of Pills	Time Taken	Effect
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YOUR RECOVERY STARTS HERE

You will receive a dose of pain medication before leaving the surgical center.
After you return home, follow this guide until your first post-op visit.

12-24 HOURS

Scheduled Analgesia

- Start non-opioid/NSAID medications and continue as prescribed to maintain a therapeutic effect.
- Take opioid medications as instructed (even if you do not feel tremendous pain).
- Ice the surgical site 15-20 minutes every 2 hours.

DAY 1-3

Breakthrough Pain

- If you received a nerve block, it may begin to wear off.
- Treat breakthrough pain with an opioid.
- You may need to **take 2 tablets of your opioid every 4 hours.**
- Continue non-opioid medications as scheduled for added relief.
- Begin physical therapy.

DAY 3-5

Physical Therapy

- You should start to feel a decrease in your breakthrough pain.
- Continue non-opioid medications as scheduled.
- Continue opioid only as needed for breakthrough pain.
- Continue ice to surgical site for 15-20 minutes every 2 hours.

DAY 5-7

Increase Movement

- Continue physical therapy and increase your movement.
- Continue non-opioid & NSAID medications.
- Continue opioid only as needed for breakthrough pain.
- Continue ice to the surgical site for 15-20 minutes every 2 hours.

DAY 7-14

Post-op Recheck

- Continue non-opioid medication & NSAID as needed.
- Wean off of opioid medications completely if able.
- Continue ice to the surgical site for 15-20 minutes every 2 hours.
- Follow up for 1st post-op visit as scheduled.

HOW DO I MANAGE PAIN AFTER SURGERY?

Multi-Modal Approach

Your surgeon will use a multimodal approach to treat your post-op pain. A combination of non-medication modalities (ice, heat, movement & rest), along with non-opioid and opioid medications, will help you feel comfortable while you recover.

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NON-OPIOIDS

SUZETRIGINE (JOURNAVX)
TYLENOL
NSAIDS

- Advil, Ibuprofen, Aleve etc.
- Celecoxib, Meloxicam, Ketorolac

2

OPIOIDS

OXYCODONE
HYDROCODONE

3

MODALITIES

ICE / HEAT
COMPRESSION
MOVEMENT
REST

4

ADJUNCTS

MUSCLE RELAXANT
NATURAL CBD

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