

## PAIN MANAGEMENT

### WHAT PAIN CAN I EXPECT AFTER SURGERY?

You can expect to have some pain after surgery. This is normal. The pain is typically worse the first 2-3 days of surgery. Studies have shown many patients are able to manage their pain after surgery with over-the-counter (OTC) medications, such as Tylenol® and Motrin®. If you have a condition that does not allow you to take Tylenol or Motrin, notify your surgical team.

Talk to your surgical team about Exparel®, a long-lasting local anesthetic that can eliminate or minimize the need for narcotics.

### HOW WILL I MANAGE MY PAIN?

The best strategy for controlling your pain after surgery is around the clock usage of Tylenol (acetaminophen) and Motrin (ibuprofen). Alternating these medications with each other allows you to maximize your pain control. In addition to Tylenol and Motrin, you can use heating pads or ice packs to help reduce your pain.

### HOW WILL I ALTERNATE MY MEDICATION?

You will take a dose of pain medication every 3 hours, and a detailed schedule will be given to you at your surgical appointment. We recommend you follow this schedule around the clock for at least 3 days after surgery.

### WHAT IF I STILL HAVE PAIN?

If you have pain that is not controlled with the over-the-counter medications, you might have what we call “breakthrough” pain. You will receive a prescription for a small amount of an opioid pain medication like oxycodone, tramadol, or hydrocodone. Use these opioid pills in the first 24-48 hours after surgery if you have breakthrough pain.

If you still have uncontrolled pain after using all opioid pills, please don’t hesitate to reach out to our office. We will help make sure you are managing your pain in the best way possible, and if necessary, we can provide a prescription for additional pain medication