

## Surgery Instructions– Pain Control

## After Surgery

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### **Pain Control:**

1. Pain is worse the first 48-72 hours after surgery
2. Pain is often worse the day after surgery when a nerve block or local anesthesia wears off
3. Take your pain medicine on a regular, scheduled basis
4. Take the pain medication before the pain becomes severe, so that you “stay ahead of the pain.”
5. Ice 20 minutes, 3 times per day or use the cold therapy unit.
6. Elevate extremity above heart as much as possible.
7. Ibuprofen 800 mg every 8 hours as needed (as long as you can tolerate NSAIDS)
8. Norco (or other narcotic pain medication) 1-2 tablets every 6 hours as needed
9. Do not mix narcotic pain medication with alcohol or other sedative medication or sleep aids

### **Pain control: “STAY AHEAD OF THE PAIN”**

- Ice 20 minutes, 3 times per day.
- Elevate extremity above heart as much as possible.
- Ibuprofen 800 mg every 8 hours as needed
- Norco 1-2 tablets every 6 hours as needed