

It is normal to experience some pain after surgery that will improve each day as you heal. Managing your pain effectively will allow you to recover quickly.

- On discharge you may be given a prescription for pain medication.
- **DO NOT** wait for your pain to become severe; it is easier to manage pain by treating it early.
- More than one type of pain medication may be given to you for the best pain management.
- These medications may include:
 - Acetaminophen (Tylenol)
 - Non-steroidal Anti-inflammatory Drug- NSAID (Ibuprofen, Naproxen, Celebrex)
 - Narcotics- (Codeine, Morphine, Dilaudid)

APPROPRIATE USE OF PAIN MEDICATION

- Allow 20-30 minutes for the pain medication to work.
- Plan to take your pain medication 30 minutes prior to increasing your activity or physiotherapy.
- It may be helpful to take the stronger pain medication at bedtime to promote a good night's sleep for the first few nights.
- Always follow the directions on the prescription bottle. **DO NOT TAKE** more than prescribed.
- Overdose and addiction can occur with narcotics.
- If severe pain persists despite taking the prescribed pain medication, contact your Surgeon's office.
- Start to reduce the amount of pain medication you take as your discomfort decreases.
 - Stop your narcotic medication first.
 - Stop the anti-inflammatory after the prescribed amount of time.
 - The last pain medication to stop is the acetaminophen (Tylenol).
- If you have questions about your medications, contact your community Pharmacist.
- Return any unused prescription medication to your pharmacy.

NOTE – IMPORTANT INFORMATION

- Narcotics are not to be taken long term and are usually required for 1-2 weeks after surgery.
- Overdose and addiction can occur.
- Avoid alcohol and sleeping pills while taking narcotics.
- Side effects can include sedation, constipation, nausea and dizziness.
- Contact your Doctor or Pharmacist if you have severe dizziness or are unable to stay awake.
- Ask your Doctor about when your pain should get better.