

PAIN MANAGEMENT POST OPERATIVELY

What to expect after surgery:

- Almost all surgical procedures result in some level of pain and discomfort. Pain and discomfort is generally greatest immediately after surgery, especially as the anesthesia pain block wears off, and subsides as time goes on.
- Reducing your pain is a priority for caregivers. Over time, your pain will reduce and may be eliminated completely.
- Oral narcotic medication is frequently administered to patients after surgery to help control post-operative pain. It is important to note that although these medications are effective for the treatment of acute pain, use beyond that can be detrimental to your health.
- It is vital that you discontinue use of these medications **as soon as your pain allows.**

Primary Pain Medication:

___ Norco ___/325 1-2 tabs every 4-6 hours
 ___ Percocet ___/325 1-2 tabs every 4-6 hours
 ___ Tramadol 50mg 1-2 tabs every 4-6 hours

Breakthrough Pain Medication:

___ Oxycodone ___ mg 1-2 tabs every 4 hours
 ___ Dilaudid ___ mg every 4 hours

Additional Medications:

___ Zofran 4mg oral dissolving tabs (for nausea and/or vomiting)
 ___ Pericolace 1-2 tabs every 12 hours (for narcotic-related constipation- start this with your first dose of pain meds and continue while you are taking prescription pain medication)
 ___ Augmentin OR Doxycycline (antibiotic) if prescribed, begin AFTER your surgery x 10 days

Keep in Mind:

1. If you already have a pain management physician, follow up with them post-operatively for pain management. We will treat your acute post-op pain but cannot refill or maintain your regular meds.
2. DO NOT TAKE MORE THAN 4,000mg OF TYLENOL IN A 24 HOUR PERIOD. Norco contains 325mg of Tylenol. Do not take more than 12 tablets in 24 hours, or add additional Tylenol to this amount.
3. Unless contraindicated or allergic, take Aspirin 325mg, 1 tablet daily, for 21 days.
4. Unless it has been approved by Dr. Davis, DO NOT take any NSAIDS (ibuprofen, naproxen, advil, motrin, aleve) for 4 weeks following your surgery

5. Narcotic pain medications cannot be filled/refilled via telephone. This is a federal regulation. Please call our office for a refill that may be picked up in person or mailed to your home. Narcotic medications will not be refilled on the weekends, please arrange for your refills during normal business hours.

Adverse Reactions to Narcotic/Opioid Medications Include:

- ✓ Sleepiness
- ✓ Constipation – **Very common**. Use the peri-colace, drink adequate water, and use over the counter suppositories and enemas, if necessary.
- ✓ Itching – usually without a rash, and not related to allergy, unless accompanied by rash
- ✓ Difficulty controlling arms/legs
- ✓ Decreased breathing
- ✓ Drug interactions
- ✓ Increased pain
- ✓ Limit ability to fight infection
- ✓ Hormonal imbalance
- ✓ Death – every day 46 people die from prescription drug overdoses. Use your meds only as prescribed

Early symptoms of withdrawal:

- ✓ Agitation
- ✓ Anxiety
- ✓ Muscle aches
- ✓ Insomnia
- ✓ sweating