

Pain Management Instructions After Surgery

Overview

Effective pain management is an important part of your recovery after surgery. Please follow the instructions below to help control your pain and promote healing.

Medications

1. **Take your prescribed pain medication** as directed. Do not exceed the recommended dose.
2. If you have been given both scheduled and “as needed” pain medicines, use the scheduled medication first and take the “as needed” medication only if pain persists.
3. Take medications with food to avoid stomach upset, unless directed otherwise.
4. **Do not drive** or operate heavy machinery while taking prescription pain medicines.

Comfort Measures

- Use ice packs on the surgical area as instructed to help reduce pain and swelling.
- Rest and avoid strenuous activity.
- Keep your surgical area elevated as recommended.
- Wear loose and comfortable clothing.

Activity

1. Gradually increase your activity as tolerated.
2. Avoid activities that make your pain worse.
3. Follow your surgeon’s specific activity restrictions.

When to Call Your Doctor

- Your pain is not controlled with the prescribed medication.
- You experience severe side effects, such as nausea, vomiting, dizziness, rash, or difficulty breathing.
- You notice increased redness, swelling, or drainage at the surgical site.
- You have a fever above 38°C (100.4°F).

Additional Instructions

Always keep a list of your current medications. Do not start new medicines or supplements without informing your doctor.

Contact Information

For any questions, please contact our office at:
[Office Phone Number]