

My Pain Management Plan

Before Surgery Pain Control

Non-Medication Therapies

Non-Medication Therapies Example: Ice	Your Time—How Long 20 minutes each	When to Use Example: 4 times a day, 7 am, 11 am, 3 pm, 7 pm

Pain Medication Plan

Medications Example: Naproxen/Aleve®	Your Dose—How Much Example: 500 mg	When to Take—List Times Example: 8 am and 8 pm

Be sure to tell your care provider about any medication allergies you may have.

If you smoke, quit before your surgery. Download the Quit Smoking before Your Surgery brochure at facs.org/quitsmoking.

After Surgery Pain Control

Non-Medication Therapies

Non-Medication Therapies Example: Ice	Your Time—How Long 20 minutes each	When to Use Example: 4 times a day, 7 am, 11 am, 3 pm, 7 pm

Pain Medication Plan

Medications Example: Naproxen/Aleve®	Your Dose—How Much Example: 500 mg	When to Take—List Times Example: 8 am and 8 pm

What are the most common pain control therapies and medications?

Non-Medication Therapies

	Therapy	Description
Mild Pain	Self-care	Ice, elevation, and rest
	Complementary therapies	Meditation ⁹ , guided imagery ¹⁰ , acupuncture ¹¹⁻¹² , massage ¹³ , and music
	Rehabilitation therapies	Occupational and physical therapy
	Exercise	Stretching, walking, and mild exercise

Non-Opioid, Oral Medications

	Medication	Common Side Effects*
Mild to Moderate Pain	Acetaminophen (Tylenol^{®14}): Decreases pain and fever	Nausea, vomiting, headache, and insomnia Liver damage may occur at high doses (greater than 4,000 mg in 24 hours) ¹⁴⁻¹⁵
	Non-steroidal anti-inflammatory drugs (NSAIDs): Decrease swelling and fever <ul style="list-style-type: none"> Aspirin Ibuprofen (Advil^{®16}, Motrin^{®17}) Naproxen (Aleve^{®18}) Celecoxib (Celebrex^{®19}) 	Upset stomach Serious risks: Stomach bleeding or ulcers, heart attack, and stroke Celecoxib has a lower risk of stomach bleeding and/or ulcer formation over the short term ¹⁹
	Nerve pain medications: Reduce pain from sensitive nerves <ul style="list-style-type: none"> Gabapentin (Neurontin^{®20}) Pregabalin (Lyrica^{®21}) 	Dizziness, drowsiness, suicidal thoughts, swelling in the hands and feet, weight gain, and blurred vision Risks increase if you have kidney, liver, or heart disease; or have suicidal thoughts

Opioids

	Medication	Common Side Effects
Severe Pain	Opioids: <ul style="list-style-type: none"> Tramadol (Ultram^{®22}) Codeine with acetaminophen (Tylenol #3 or #4) Hydrocodone (Norco^{®23}, Vicodin^{®24}, Lorcet) Morphine Hydromorphone (Dilaudid^{®25}) Oxycodone (OxyContin^{®26}) Oxycodone with acetaminophen (Percocet^{®27}, Endocet[®]) 	Dizziness, nausea (very common), headache, drowsiness, vomiting, dry mouth, itching, respiratory depression (very slow breathing), and constipation Stool softeners are always co-prescribed to prevent severe constipation Serious risks: Prescription opioid risks include misuse, abuse, addiction, overdose (taking too much of the medication), and death from respiratory depression. Your risk of opioid abuse increases the longer you take the medication. ²⁸⁻³⁰

*Side effects reported in 3% or more of the patients in the study sample

Patients in a hospice or palliative care program or in treatment for substance abuse or opioid dependence will have an individualized plan for postoperative pain management.