

Your Pain Management Plan

Safe and Effective Pain Control After Surgery
For Adults

Before Surgery Pain Control

Non-Medication Therapies

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

Pain Medication Plan

Medications Example: Tylenol®/Advil®	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.
Also tell them about any medicine you are already taking.

If you smoke or vape, quit before the surgery. Smoking can slow your recovery.
To learn more and get help to quit, see Quit Smoking Before Surgery at facs.org/quitsmoking

After Surgery Pain Control

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