

Managing Your Pain After Surgery



Some discomfort is expected after surgery.

Our pain management goal is to reduce interference with your activity.



0 (no pain) 4 (worst pain) 10

OVER-THE-COUNTER MEDICATIONS:



Used as FIRST LINE treatment for ALL PAIN. Take around the clock *after authorized by your surgical team.*

Tylenol (Acetaminophen)
NSAIDS (Ibuprofen, Aleve, Motrin)

- While these medications are safe for the majority of patients, specific medical conditions and operations could make these potentially dangerous for some patients.
- Please consult with your surgical team prior to taking these medicines.

PRESCRIPTION MEDICATIONS:



Used for SEVERE PAIN, take ONLY as needed.

Narcotics
(Oxycodone, Hydrocodone)

- Impair judgment and cause dizziness, upset stomach, and constipation
- Can lead to dependence
- Should be stored and discarded safely
- Should NOT be shared

Scan to watch a video from the surgery team to learn more about URM C's approach to pain control after surgery:



Sponsored by the Department of Surgery

