

AFTER YOUR SURGERY

Pain Management

How we keep you comfortable while you heal - safely.

The goal is manageable pain - about a 3 or 4 out of 10.

Enough comfort to move, breathe deeply, and recover, without the side effects of too much medication.

Multimodal

Several medicines that work in different ways, so we use lower doses of each with fewer side effects: acetaminophen, an anti-inflammatory like ibuprofen, numbing medicine or a nerve block, and a stronger medicine only for breakthrough pain.

Starts during surgery

We give long-acting pain medicine while you're asleep, so you wake up already comfortable.

At home

Stay ahead of pain instead of chasing it. Use ice, elevation, and gentle movement too.

Opioid safety

Use only as needed, never with alcohol, and never drive while taking them. Switch back to non-opioids as soon as you can, and dispose of leftovers safely.

If it's not working

Call your surgical team - we can adjust your plan.

Pain not controlled? Call your surgical team

Your facility's care team

Your Surgery Center · Patient education for surgery.
Educational information only, not personal medical advice.
Always follow the specific instructions from your care team.