



How we manage your PAIN after surgery

Reducing your pain is a priority. For all surgical procedures we practice a multimodal approach to pain management. This has been proven to be the most effective way of managing pain. This protocol typically includes a regional anesthesia block, intraoperative steroids, a short course of strong anti-inflammatories, cold therapy when possible, and an opioid pain medicine which typically contains Tylenol as well.

Surgery Day

- Remember pain is part of the normal healing process after surgery.
- The pain will improve day-to-day.
- The first few days are the worst and will dramatically improve once out of the acute surgical period.
- The evidence is strong that the best pain reliever is peace of mind. So, mentally check on any concerns and settle in as your body makes its way through the healing process.
- Add Ibuprofen 600 or 800 mg (3-4 over the counter 200mg pills) every 6 hours around the clock for two days, if you are medically allowed without any kidney or stomach issues with anti-inflammatories.
- Stagger Tylenol and Ibuprofen so that you are taking one or the other every three hours. DO NOT take extra Tylenol if still taking the Percocet or other narcotics with Tylenol.
- Elevate the surgical area if possible and apply cold therapy for 40 minutes out of every 60 minutes for the first 2-3 weeks as needed.