

How to Alleviate Pain After Surgery and During Recovery

Things you can do to get comfortable when you're in pain:

Resume Routines	Ice	Elevation	Distraction
Get back into your normal routine as soon as possible. Immerse yourself in the things that you love.	Wrap ice or a cold pack in a towel and apply to the painful area 10 minutes at a time. Repeat as often as necessary.	Elevate your hand above the level of your heart. When you sit or lie down, rest your hand on a pillow.	Do things you enjoy either alone or with people you love.

<p><u>After speaking with your primary care doctor to ensure that you are able to take Ibuprofen and Tylenol</u>, purchase these over-the-counter medications:</p> <ul style="list-style-type: none">• Ibuprofen (Advil, Motrin) 200 mg• Acetaminophen (Tylenol) 500 mg <p>You can safely take:</p> <ul style="list-style-type: none">• 1000 mg of Tylenol 4 times per day• 600 mg of Ibuprofen 4 times per day <p>Tylenol plus Ibuprofen are a case of 1+1=3, not 2. They work together to make each other stronger.</p>	<p>This is what a suggested schedule could look like:</p> <table><tr><td>6 AM</td><td>Ibuprofen 600 mg</td></tr><tr><td>9 AM</td><td>Tylenol 1000 mg</td></tr><tr><td>12 PM</td><td>Ibuprofen 600 mg</td></tr><tr><td>3 PM</td><td>Tylenol 1000 mg</td></tr><tr><td>6 PM</td><td>Ibuprofen 600 mg</td></tr><tr><td>9 PM</td><td>Tylenol 1000 mg</td></tr></table> <p>You can take one extra dose of 1000 mg Tylenol and 600 mg of Ibuprofen if you wake up in pain in the middle of the night.</p>	6 AM	Ibuprofen 600 mg	9 AM	Tylenol 1000 mg	12 PM	Ibuprofen 600 mg	3 PM	Tylenol 1000 mg	6 PM	Ibuprofen 600 mg	9 PM	Tylenol 1000 mg
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<p>Did you have a nerve block and your hand or arm is still numb when you go to bed? Take the Tylenol and Ibuprofen together before going to bed to reduce the pain when the block wears off.</p> <p>Surgery and injury hurt. The worst pain only lasts for the first 48 hours and improves significantly after that.</p>	<p>Due to state and local regulations, we cannot prescribe opioid medication for many surgeries. However, if you were prescribed opioids, try to ONLY take them to assist you with sleeping. Try stopping them within 48 hours and transition to the above schedule.</p> <p>Remember that opioid pain medication can lead to addiction, problems with breathing, and even death. In 2022, over 80,000 Americans died from opioid overdoses.</p>
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