

## **Pain management for Dr Alford's Surgical Patients.**

This pain plan should be followed as described to achieve maximum pain relief. Your medication plan will include a controlled amount of prescriptive medications. Every patient's needs are different and adjustments can be made, if necessary, during business hours from Monday – Thursday, or on Fridays until noon.

Goal: By using several modalities of pain control, the goal is to allow each patient to have adequate pain relief after surgery.

Modalities:

Ice: Whether using an ice water circulation machine or ice bags, cooling the surgical site will decrease the amount of pain you experience. A cool surgical site will hurt less. Excessive cold, however, can cause frostbite.

Narcotic: Very strong pain medication to control pain by working on pain receptors. Side effects: drowsiness, may be constipating, may develop dependency and can disturb sleep and appetite.

NSAIDs: (Non steroidal anti-inflammatory) medication designed to reduce swelling and pain. Side effects: may upset stomach, may cause gastrointestinal (GI) bleeding.

Hypnotics: (sleeping pills) medication designed to help you to sleep. Recent studies have shown that adequate sleep can help control pain. Side effects: may develop dependency, may disturb sleep in some individuals.

Please do not exceed the recommended dosage of medications prescribed by Dr Alford.

In addition to your narcotic medication, we recommend that you also take Ibuprofen (i.e., Advil) 600mg tablets three times a day. If you experience an upset stomach or have a history of GI bleeding or an ulcer, you cannot take this medication. This medication will assist in your pain relief and swelling. It may upset your stomach, so you must take them with food. A piece of toast or crackers will be fine if you are not a breakfast eater.

Your pain medication could make you constipated. We recommend drinking plenty of fluids and eating fresh fruits and vegetables, or a gentle over the counter laxative if needed.

If you are having trouble sleeping at night, you may take an over the counter sleep aid. Ask your pharmacist for assistance.

You will only receive enough narcotic medication to manage your pain through the first phase of your recovery. The later phases will be managed with non-narcotic medications. If you still require a narcotic medication to manage your pain after the first phase of recovery, you will be directed to a pain management clinic. We anticipate the first phase of recovery to last about one month.