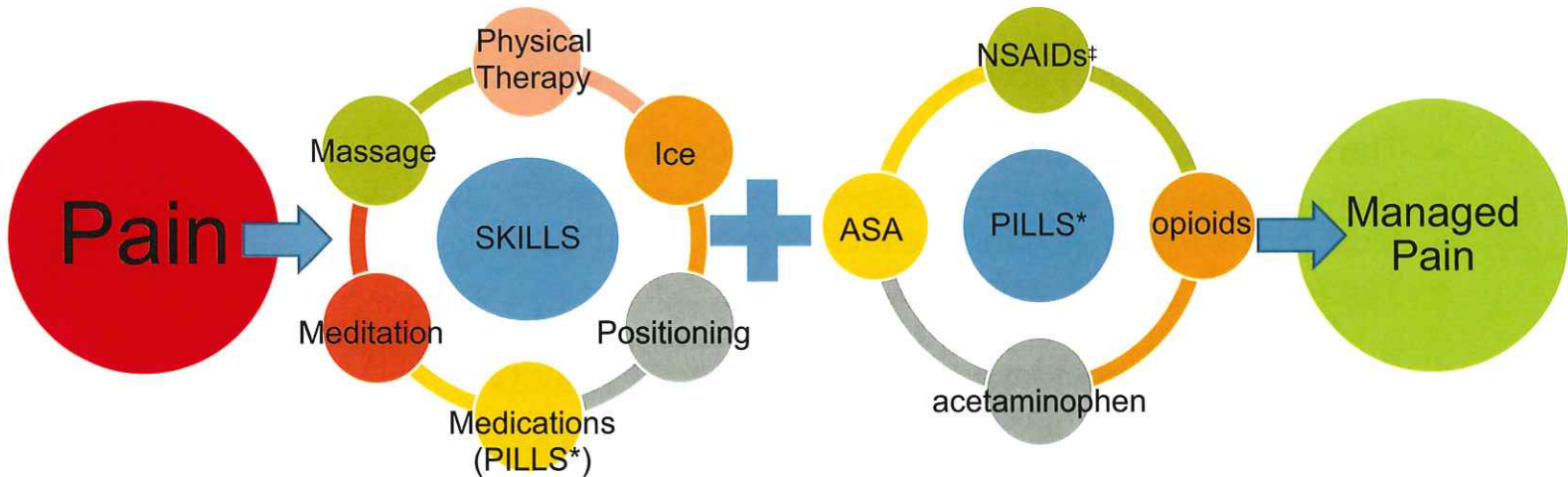


# Post-Surgical Pain Management Information for Patients



\*Only use pills (like acetaminophen, NSAIDs, opioids) on the advice of a healthcare professional.

‡Only use one NSAID at a time (examples: ibuprofen, or naproxen, or ketorolac)

## Did you know?

- The **BEST** way to **manage your pain** includes using **SKILLS and PILLS**.
- Not all pain needs PILLS and most pain will require very little, if any opioids/narcotics.
  - Most post-surgical pain requires no more than 3 days of opioids.
- Consider using SKILLS for pain management.
  - Examples of SKILLS: Ice therapy, Repositioning, Physical Therapy, Acupuncture, Reiki, Meditation, Mindfulness, Massage and more.
- Rate your pain based on how your pain is affecting your ability to do activities.
- Set a functional pain goal for yourself – ask yourself **how much pain is realistic to expect** for the activity I am doing? (see table below)

## After your Surgery:

- **EXPECT** to have pain, be sore and have swelling.
- **EXPECT** more pain with movement and physical therapy.
- **EXPECT** to use many different ways to manage your pain – SKILLS and PILLS.
- Work closely with your healthcare team to help with your pain management goals.

0	1—2—3	4—5—6	7—8—9—10
No pain	Mild pain	Moderate pain	Severe Pain

0	No pain	<b>No disruption to activities;</b> no discomfort experienced.
1—2—3	Mild pain	<b>Able to maintain activities;</b> mild discomfort experienced. Use SKILLS to assist with pain management. <b>Expect this level of pain when resting.</b>
4—5—6	Moderate pain	<b>Requires effort for activities;</b> moderate discomfort experienced. Use SKILLS and consider PILLS to help with pain management. <b>Expect this level of pain when you are moving; during physical therapy.</b>
7—8—9—10	Severe pain	<b>Struggling to or Unable to participate in activities;</b> severe discomfort experienced. Use SKILLS and strongly consider PILLS to help with pain management.

### Activities you will be doing during your stay in the hospital include:

taking deep breaths; getting up to the bathroom or chair; walking; participating in physical therapy; sitting in a chair for meals.

# Post-Surgical Pain Management Information for Patients

## Pain Management Opioid Journal

- The **BEST** way to **manage your pain** includes using **SKILLS and PILLS**.
- Post-surgical pain can last for several days and sometimes weeks.
- Most post-surgical pain requires **no more than 3 days of opioids**.
- **Tapering off and Stopping Opioids involves:**  
**first lowering your dose, then increasing the time between doses**
- **Each day try to take less opioids than the day before**

Journal Example: Opioid Pill: Hydromorphone 1 - 2mg every 4 hours ONLY as needed

								Total
Time	7 am	11 am	3 pm	8 pm	11 pm			
Day 1	2 pills	2 pills	1 pill	1 pill	1 pill			7 pills
Time	7 am	11 am	5 pm	11 pm				
Day 2	2 pills	1 pill	2 pills	1 pill				6 pills
Time	7 am	1 pm	6 pm	11 pm				
Day 3	2 pills	1 pill	1 pill	1 pill				5 pills
Time	7 am	2 pm	10 pm					
Day 4	1 pill	1 pill	1 pill					3 pills

Your Journal:

								Total
Time								
Day 1								
Time								
Day 2								
Time								
Day 3								
Time								
Day 4								
Time								
Day 5								
Time								
Day 6								





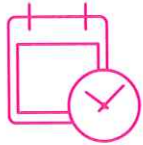
# Opioids for pain after surgery: Your questions answered



## 1. Changes?

**You have been prescribed an opioid.**

Opioids reduce pain but will not take away all your pain. Ask your prescriber about other methods of reducing pain including using ice, stretching, physiotherapy, or non-opioid drugs like acetaminophen or ibuprofen. Know your pain control plan and work closely with your prescriber if your pain does not improve.



## 2. Continue?

**Opioids are usually required for less than 1 week after surgery.**

As you continue to recover from your surgery, your pain should get better day by day. As you get better, you will need less opioids. Consult your healthcare provider about how and when to reduce your dose.



## 3. Proper Use?

**Use the lowest possible dose for the shortest possible time.**

Overdose and addiction can occur with opioids. Avoid alcohol and sleeping pills (e.g. benzodiazepines like lorazepam) while taking opioids. Do not drive while taking opioids.



## 4. Monitor?

**Side effects include: sedation, constipation, nausea and dizziness.**

Contact your healthcare provider if you have severe dizziness or inability to stay awake.



## 5. Follow-Up?

**Ask your prescriber when your pain should get better.**

If your pain is not improving as expected, talk to your healthcare provider.

# It is important to:



Never share your opioid medication with anyone else.





Store your opioid medication in a secure place; out of reach and out of sight of children, teens and pets.



Ask about other options available to treat pain.



Take unused medications back to a pharmacy for safe disposal. Talk with your pharmacist if you have questions. For locations that accept returns:  1-844-535-8889  [healthsteward.ca](http://healthsteward.ca)

## Did you know?



**About 16 Canadians are hospitalized each day with opioid poisoning.**

— Canadian Institute for Health Information, 2017

## Examples of opioids used for pain after surgery:

hydromorphone

morphine

codeine

oxycodone

tramadol

## Notes:

