



Recovering from Surgery:

## PAIN MANAGEMENT

- We will be assessing your level of pain from the time of admission until you receive our postoperative call at home.
- While you are recovering, you will frequently be asked to rate your pain on a scale of 0 to 10, with "0" being "no pain" and "10" being "the worst pain you can imagine."
- You may be offered a nerve block prior to your procedure to help control your pain after surgery. A nerve block controls pain isolated to a smaller area of your body, such as an arm or leg. A nerve block typically lasts between 8 and 16 hours, for some people the numbness and weakness can last 24 hours or more.
- Stay ahead of your pain. Don't wait too long to take pain medication. If you've had a nerve block, take pain medication as soon as you feel sensation beginning to return. It takes more medicine to control pain after it has already started as opposed to starting it ahead of time. Stick to the medication schedule set by the doctor. That will keep your level of pain at a more manageable level.
- If the effects of the pain medication wear off before the next dose is due, you may be able to supplement with a non-steroidal medication, such as Tylenol or Aleve. Please do not take any additional pain-relieving medications without consulting your surgeon first.