

POST-OPERATIVE PAIN MANAGEMENT

- As part of your surgical procedure you were given a local anesthetic to numb the surgical area. In some cases this local anesthetic may last up to 14 hours.
- If you had **IV sedation**, you may have been given a long acting intravenous pain medication called Toradol. This medication will last for approximately 8 hours after surgery and is part of the Ibuprofen family. **You may not take any additional Aspirin, Ibuprofen, Motrin, Advil, Aleve, or Naproxen products for 8 hours after surgery.**
- You should begin taking pain medication after surgery once you feel the numbness starting to wear off and you have had something to eat. It is important to stay ahead of the pain and not wait to take the pain medication until you are experiencing severe pain as it will take the pain medication longer to become effective.
- For moderate pain, 2 tablets of extra strength Tylenol may be taken every eight hours. You may also take Ibuprofen, Motrin or Advil **starting 8 hours after surgery if you had IV sedation.** You may take 4 tablets of 200mg Ibuprofen every 8 hours. Tylenol and Ibuprofen may be taken together for added pain control.
- For severe pain take the prescribed pain medication as directed. The prescribed pain medication does contain Tylenol so you **may not take** any additional Tylenol with the prescribed pain medication. This is a narcotic medication which can cause nausea. Make sure to take this medication with food to help reduce the symptoms.
- Pain and swelling usually peak 48 hours after surgery. If the pain does not begin to subside or starts to increase after the 48 hour time frame, please call the office.
- You can expect soreness at the surgical site for several days and then it will taper for 1-2 weeks.

