

Procedure Name: Pain Management

Some pain is common after most types of surgery. However, there are highly effective ways to keep your post surgery pain under control. Well controlled pain can speed recovery and prevent long-term problems. The best time to talk with your surgeon about how your pain will be managed after surgery is before your surgery happens.

During the office visit, ask your surgeon about how much pain can be expected for the type of surgery you are having and ask how long the pain may last. It is important to make a list of all the medication you normally take, both prescribed and over-the-counter medications. Tell your surgeon of any drug allergies.

Conditions that may complicate your pain management include: Chronic pain, drug addictions, illicit drug use, sleep apnea, or post surgical anxiety and depression. Be sure to mention any of these conditions to your surgeon. Together you and your surgeon can discuss the best plan for post op pain management.

If you are given general anesthesia for your surgery, then the anesthesia provider will probably give you pain medication while you are sleeping. This medication will be given intravenously (IV). This will help to reduce pain when waking up after the surgery is completed. You may discuss this with your anesthesia provider before going to sleep.

If you receive local anesthesia the surgical area will be numbed with local anesthetic by your surgeon. This can also be discussed at your pre-surgical office visit with your surgeon.

You will also be offered pain medication after your surgery by the nurse taking care of you. Be descriptive about where and how it hurts if pain is present. You may be asked to describe your pain on a number scale between 0 and 10. Zero being no pain and 10 being very severe pain. You and your nurse can manage your pain together with medication and comfort measures during your stay.

Your surgeon will prescribe pain medication for you to take at home. This medication can be called to your local pharmacy prior to going home or a prescription given to you before you leave the hospital. The nurse will inform you how to take the medication and answer any questions you may have. Your pharmacist can answer any questions also. Take the medication as instructed by the nurse and as stated on the bottle. Waiting too long to take pain medication can make it more difficult to control your pain at home.



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Side Effects

The most common side effect of pain medication is drowsiness. Some pain medication can cause nausea, difficulty urinating or constipation. If pain medication is not working for you at home, talk with your surgeon. It is very important to know that everyone handles pain differently and each type of surgery generally involves a certain amount of pain.

Surgical Safety Checklist:

For optimal quality care and surgical safety, the following questions will be asked.

CONFIRM between patient, surgeon, and surgery team:

Identity of patient

Surgical site

Procedure

Sign Consent

Surgeon to mark the surgical site,

if applicable Allergies