

## Multimodal Pain Management

Your comfort after surgery is extremely important to us. We use the latest thinking in pain control, called multimodal pain control. The idea is to utilize a combination of medications to avoid using only high dose narcotics. This combination of medications attacks pain from a variety of directions and minimizes the side effects of any one medication.

- **Here's the plan — begin the evening of surgery, even if you had a nerve block:**
  - Start with ice on the surgical site, 20 minutes per hour.
  - Acetaminophen (Tylenol) 650mg every 6 hours.
  - Ibuprofen (Motrin or Advil) 600mg or Naproxen (Aleve) 220mg every 6 hours.
  - OxyContin 10mg every 12 hours (if prescribed).
  - Oxycodone 1-2 pill every 4 hours (if needed).

***Once the pain is under good control, decrease the narcotics first and the Tylenol and ice last.***

---

## Understanding Your Prescription Pain Medication

### Oxycodone / OxyIR / hydrocodone

- Most commonly prescribed as 5mg.
- Short acting narcotic with quicker onset of action.
- Taken for immediate pain relief or breakthrough pain when using a long acting narcotic such as Oxycontin.
- Common side effects include constipation, nausea/vomiting, headache, itching, dizziness, sedation, sweating, low blood pressure when standing and rash.
- ***You should not drive or operate equipment or make important decisions while on this medication.***

### OxyContin (not always prescribed)

- Most commonly prescribed as 10mg.
- Long acting narcotic, gives baseline pain control.
- Works best if taken consistently every 12 hours, begin the night of surgery.
- Typically used for 2–3 days after surgery.
- Common side effects include constipation, nausea/vomiting, headache, itching, dizziness, sedation, sweating, low blood pressure when standing and rash.
- ***You should not drive or operate equipment or make important decisions while on this medication.***

## Managing Side Effects

- Itching is a common side effect and can be treated with over-the-counter Benadryl (diphenhydramine 25–50mg).
- If you develop a rash or hives, then discontinue medication and call our office.
- Nausea and vomiting are also common with narcotics, and typically goes away with time. If this persists past 24 hours, call our office and we can try a different medication or add an anti-nausea medication.

---

***If you are having any other trouble with your medications for pain control, please call our office at 215.348.7000.***