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PRE AND POST-OPERATIVE PAIN MANAGEMENT

- Narcotic pain medication is not prescribed for every surgery. Narcotic pain medication does have side effects, including but not limited to constipation and addiction. If you are prescribed a narcotic pain medication for post-operative pain management, it should be used for breakthrough pain only after taking NSAIDs if able.
- Narcotics should also not be taken at work, school, or while operating any machinery or vehicles.
- Ibuprofen (Advil® or Motrin®) will provide significant post-operative pain and swelling control. Start taking ibuprofen the night before your surgery. This will help with decrease post-operative pain and the need for narcotics.
- Unless you have been advised against the use of ibuprofen (Advil or Motrin) or NSAIDs by your physician, please follow the regimen described below. This regimen is for adult patients and teenagers who take adult-dose medications. Please call our office with any questions.
- Begin taking 600 mg of ibuprofen (Advil or Motrin) the day before surgery. 600mg of ibuprofen is 3 tablets of the 200 mg tablets that are sold over the counter at your pharmacy. You should take 3 doses the day before surgery, 6 hours apart.
- You will continue this regimen postoperatively.
- Take prescribed ibuprofen 600mg every 6 hours. 3 hours after taking the ibuprofen, take two 325mg tablets of over-the-counter Tylenol. Continue this regimen for 2 to 4 days after surgery. This regimen may be modified depending on your personal health history. If prescribed other pain medication, take as prescribed in addition to the ibuprofen and Tylenol regimen. It is recommended to take pain medication with food.
- If you are **NOT** undergoing **IV SEDATION** for your procedure, take 600 mg of ibuprofen 1 hour prior to surgery.
- If having pain 3 hours later, take one of the prescription pain medication tablets.
- You may alternate ibuprofen and prescription pain medications every 3 hours, eliminating the prescription medication first, once pain lessens.
- Stop both medications once pain-free.
- Taking pain medication without food can cause nausea.

Properly discard leftover narcotic pain medication. Do not keep unused pain medication.

If you have any questions or concerns, please call our clinic at (205) 900-WISE. We are available 24/7. If you need to call after hours, you will reach our answering service. Tell them you have a question/concern, and they will connect you with one of our team members.