

Pain Relief Options

There are many kinds of pain medications or pain management therapies that you may be given while you are a patient at IOH which include:

Prescription Pain Medications

Narcotic pain medications are effective for severe pain right after surgery. Many patients worry about addiction to narcotics. If you have not had an addiction problem before it is very unlikely you will develop one from the short use of narcotics after surgery. There are occasionally side effects including nausea or vomiting, itching, sleepiness, slowed breathing or constipation. Talk to your surgeon or nursing staff if you are bothered by these side effects.

Anti-Inflammatories

Some surgeons may order powerful anti-inflammatory medications for you to take after surgery. It is important to take these only as directed and to report any symptoms of stomach pain or gastrointestinal bleeding immediately to your surgeon.

Peripheral Nerve Blocks

This is a procedure done by the anesthesiologist the day of surgery. A nerve block is performed to numb

the nerves in your arm or leg so there is less pain when you wake up from surgery. Please refer to page 22 for more information.

Cold Therapy

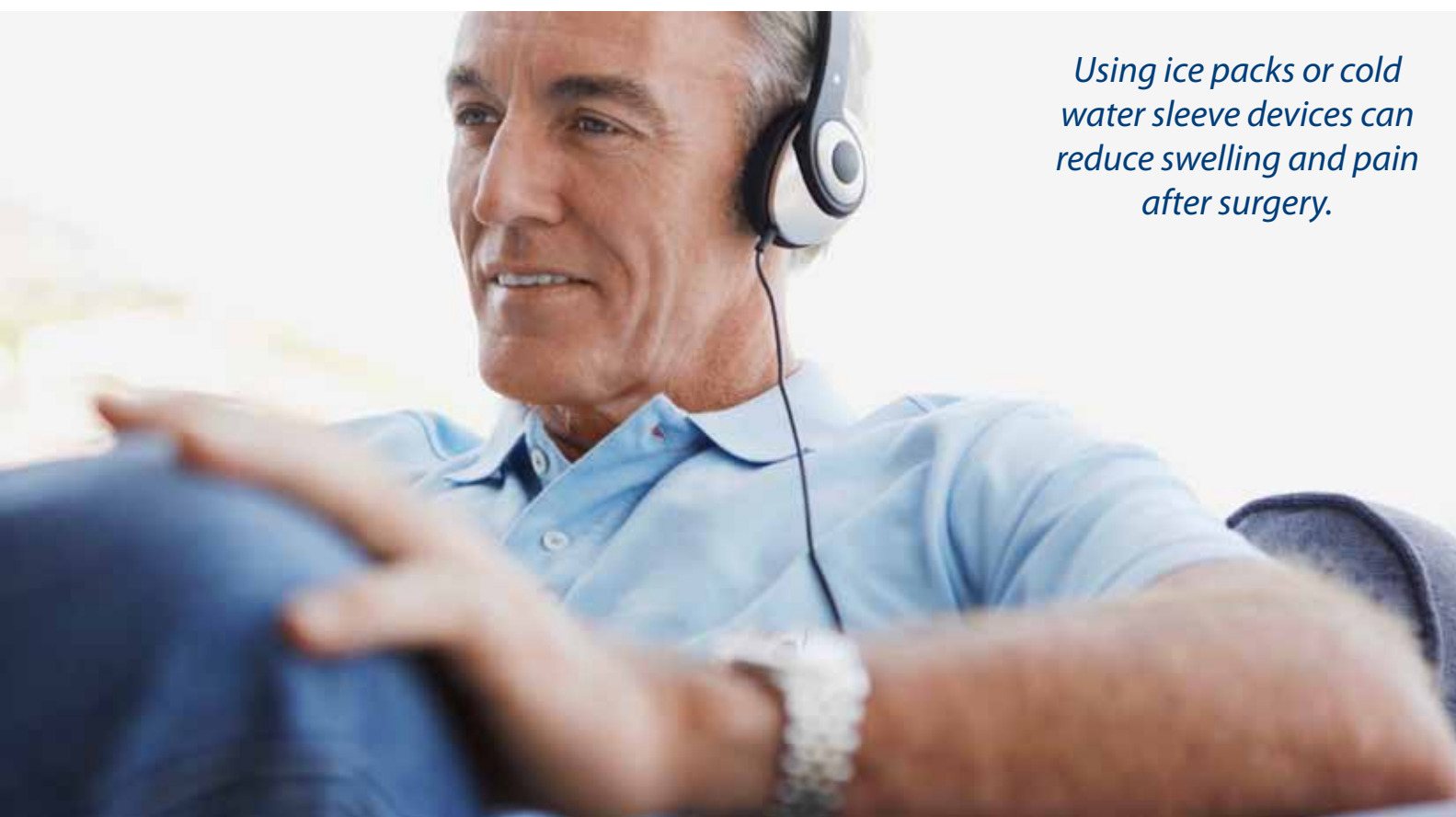
Using ice packs or cold water sleeve devices can reduce swelling and pain after surgery.

Your physician may prescribe cold therapy for you after surgery. Please check with your physician before starting any cold therapy.

Relaxation/Massage Therapy

Things that help you relax or distract you from your pain have been shown to help decrease pain after surgery and can improve the effectiveness of your pain medications.

Deep breathing or things like watching TV, listening to music or turning the lights down can sometimes promote relaxation and decrease pain. Hand or foot massage can also be relaxing and help with reducing your pain.



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