

Planning for surgery: You and your surgeon have decided to treat your hip or knee with joint replacement surgery. Together, you will develop a pain control plan.

- **Ways to manage pain after surgery:**

- Your pain control plan will include both non-medication and medication options.
- **ICING and ELEVATION** are important for you to use around the clock to manage your post-surgery pain



- **Other non-medication options may include:**



Post-surgery ambulation



Physical therapy



Practicing mindfulness

- **Medication options may include:**



- Acetaminophen (e.g. Tylenol)
- NSAIDS (e.g. Ibuprofen, Toradol)
- Opioids (e.g. Oxycodone, Norco)**

****Taking opioids for longer than 3 days increases your risk for dependence.**

Opioids may also cause nausea, vomiting, and constipation. You may or may not need opioids to manage your pain.

Talk to your surgeon to find what is best for you.

- Remember, pain after your hip or knee joint replacement surgery is normal.

- **To best manage your pain after surgery:**



Understand the pain control plan made by you and your surgeon



Ask questions

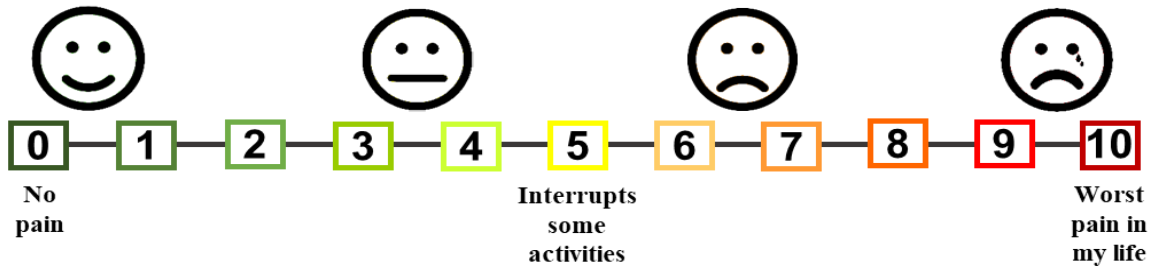


Communicate your symptoms and pain using the scale below



Follow the pain control plan to help your recovery

- Communicate your pain with a pain scale



When to call your surgeon:

Following all parts of your pain control after surgery is important to your recovery. Your pain may be worst for the first 2-3 days after surgery. Your recovery will take time.



Call your surgeon if:



1. Pain medication does not relieve severe pain



2. Chills, fevers higher than 101.5F



3. Hard to or unable to urinate





4. Nausea, vomiting, and/or unable to keep liquids down

OPIOID STORAGE AND DISPOSAL:

If your pain control plan uses opioids, please store and dispose of the medication by following the guidelines below:

STORAGE

- ✓ Lock pills, if possible 
- ✓ Safely store and dispose of unused pills
- ✓ Keep count of pills 
- ✓ Do not store opioids in places that allow easy access to pills (e.g. bathroom, kitchen)

DISPOSAL

- ✓ Medication take back events
- ✓ Pharmacy & police station drop-boxes
- ✓ Mix drugs (do not crush) with use coffee grounds or kitty litter in a plastic bag, then throw away



For more disposal information, see: michigan-open.org.

For pain management - Remember

- ✓ **I**nstructions: review instructions before and after surgery to manage expectations
- ✓ **C**ommunicate your pain and questions with your surgeon
- ✓ **E**levate around the clock

and **ICE!**

