

## 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. bathrooms, kitchen)

### Disposal

- Medication take back events

- Pharmacy & police station dropboxes



- Mix drugs (do not crush) with used coffee grounds or kitty litter in a plastic bag, then throw away

- For more disposal information, visit: [michigan-open.org](http://michigan-open.org)

## What is MARCQI?

The Michigan Arthroplasty Registry Collaborative Quality Initiative, MARCQI, is a statewide surgeon led quality improvement organization working to improve care for patients undergoing hip and knee replacements in Michigan.

## 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

## For pain, I.C.E. and ice!

This pamphlet is designed for adult patient education. For additional information regarding this brochure, please contact us at:

**MARCQI Coordinating Center**  
2929 Plymouth Road, Suite 300  
Ann Arbor, MI 48105

[www.marcqi.org](http://www.marcqi.org)



© 2020

For questions about the Michigan Arthroplasty Registry Collaborative Quality Initiative, please contact us at,

[marcqi.cc@umich.edu](mailto:marcqi.cc@umich.edu)



## Managing Pain after Hip and Knee Joint Replacement Surgery

# 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.

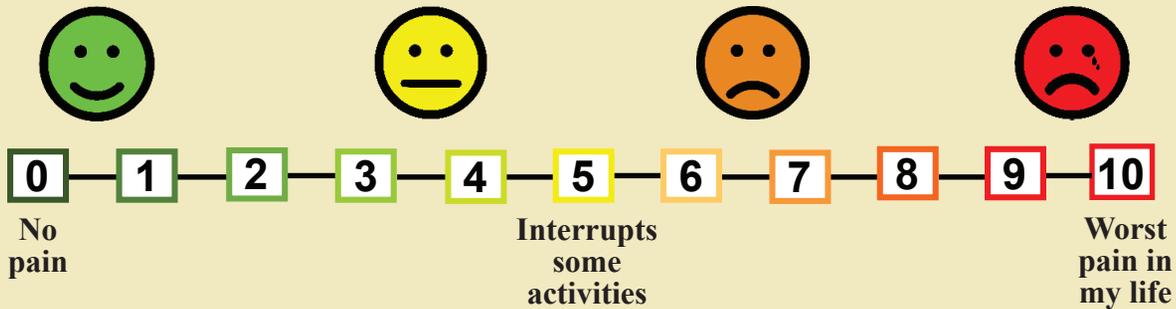
Talk to your surgeon on what may be best for you.

# 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 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 1-3 days after surgery. Your recovery will take time.

Call your surgeon if:

- Pain medication does not relieve severe pain
- Chills, fevers higher than 101.5F
- Hard to or unable to urinate
- Nausea, vomiting and/or unable to keep liquids down

