




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

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

Instructions: review instructions before and after surgery to manage expectations

Communicate your pain and questions with your surgeon

Elevate 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:

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

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Managing Pain after Hip and Knee Joint Replacement Surgery

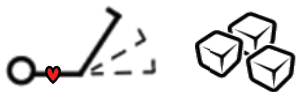
Planning for surgery

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.

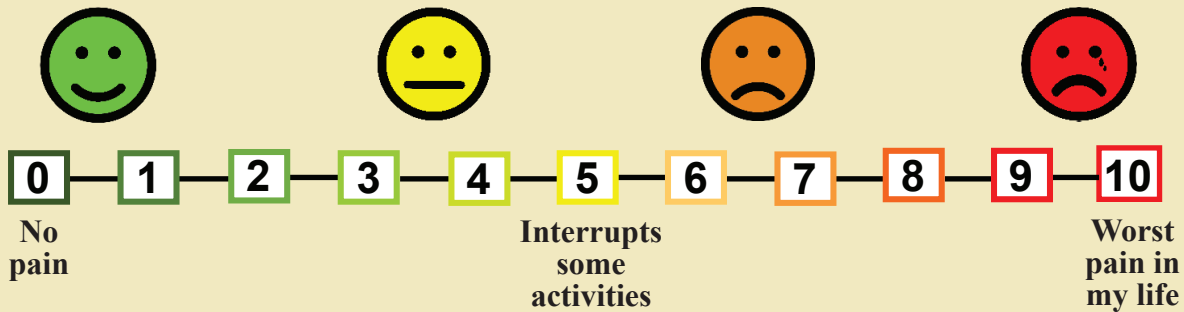
Talk to your surgeon on what may be best for you.

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

