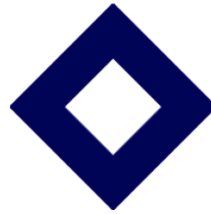


MANAGING PAIN SAFELY

Pain is an expected part of having surgery.

Managing your pain safely is important to help your recovery.

PAIN AFTER SURGERY



After surgery, a moderate amount of pain is a normal and expected part of the process.

The goal of pain medication is to keep you moving and help you cope with your pain, but these medications *will not eliminate your pain entirely*.

In general, the most painful time is the first 72 hours (3 days) after surgery.

The amount of pain usually decreases after these first few days.



Scan to watch a short video on managing your pain

MANAGING PAIN SAFELY

Opioids, such as morphine, oxycodone (Percocet), tramadol, hydromorphone or codeine, are strong pain relief medications that may be prescribed to help you manage the most intense postoperative pain.

Opioids should be used with caution as research shows that up to 1 in 12 patients prescribed an opioid for short-term use after surgery are at risk of becoming chronic users.

The regular use of over-the-counter Tylenol® and Advil, in addition to Cold Therapy*, can effectively manage pain and significantly reduce, or eliminate the need for opioids.

If you are still experiencing intolerable pain after regularly using Tylenol® and Advil in addition to Cold Therapy*, take the opioid in the lowest dose possible.

Also, only use the opioid for the shortest amount of time. No more than 2 - 7 days.



*Scan for more information on Cold Therapy



Banff Sport Medicine

CONTACT US

If you have questions about managing your pain, or your pain increases or does not decrease with medication, please contact our team:

- Banff Sport Medicine 403-760-2897 ext 1 (during business hours 8 am - 4 pm Monday to Friday)
- Banff Mineral Springs Hospital 403-762-2222 (for urgent concerns outside of regular business hours)

