



## Alternative Pain Management Strategies After Surgery

**For the first three to four days, we anticipate the pain may be at its worst due to the post-operative swelling. Please use this sheet to alter your pain medication as needed.**

Multimodal analgesia involves using multiple classes of medication to manage pain while reducing reliance on opioids. This approach targets different pain pathways, enhancing relief and minimizing side effects. Doses can also be staggered over the first three days to maintain a steady level of pain control, preventing fluctuations and improving overall comfort.

Postoperative pain management varies depending on the procedure, but in general, the following classes of medications may be used

- Opioid- take one by mouth every 6 hours as needed for pain.
  - Norco (hydrocodone-acetaminophen) 5-325 mg
  - Percocet (oxycodone- acetaminophen) 5-325 mg
  - Oxycodone 5 mg
- Acetaminophen- take one by mouth every 6 hours as needed for pain (keep daily amount of acetaminophen under 4000 mg).
- Anti-inflammatory- ibuprofen, Aleve, Advil, etc. take 400-800 mg every 8 hours as needed for pain.

This multimodal approach helps manage pain effectively while reducing opioid dependence.

If you receive a nerve block, start taking your medication consistently, even if you are still comfortable. Take  $\frac{1}{2}$  to 1 tablet every 6 hours, or as soon as you begin to feel the sensation returning. Pain may intensify as postoperative swelling increases over the first three days. If this happens, adjust your dosing regimen as needed during the first 72 hours to maintain effective pain control.

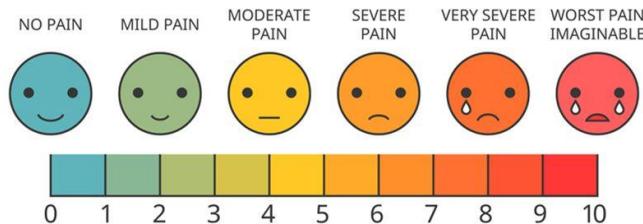


Mammoth  
Orthopedic  
Institute

**Brian B. Gilmer, MD**  
Mammoth Orthopedic Institute

Mammoth: Ph: (760) 924-4084  
Northern Inyo: Ph: (760) 873-2605

#### PAIN MEASUREMENT SCALE



#### **Alternative dosing #1 (pain between a 9 and 10)**

- Take 2 oxycodone every 4 hours
- Take ibuprofen 400- 800 mg every six hours as needed for pain and swelling
- Take additional acetaminophen to reach 4000 mg daily

#### **Alternative dosing #2 (pain between a 7 and 9)**

- Take 1 hydrocodone or oxycodone every 4 hours
- Take ibuprofen 400- 800 mg every six hours as needed for pain and swelling
- Take additional acetaminophen to reach 4000 mg daily

The important things to note...

- if you had any bony work during your surgery, including ligament/tendon repairs/reconstructions and fractures, please do not use any anti-inflammatories after these 4 days, supplement with acetaminophen as needed.
- After these 4 days, reduce your acetaminophen daily consumption back down to 3,000 mg from 4,000 mg.