

Pain Management Discharge Instructions

Everyone experiences pain differently, but the goal of pain management is always the same: reduce your pain so that you may experience a safe, successful and quick recovery from your surgery. Here is some helpful information regarding your pain management after discharge from the hospital:

- Your **nerve block** will wear off in 12 to 72 hours, and your pain will become more intense. Be sure to start taking your prescribed pain medicine **before** the block wears off, to stay ahead of the pain. It is ok to take to 2 pills of pain medication for extreme pain for a few doses.
- Take your **pain medicine** as directed by your doctor. You will still have pain, but it should be tolerable.
- To **get more** pain medicine, call your doctor's office **1 to 2 days before** you run out. It takes time to get the order and have it filled. You cannot call the after-hour line to get refills on pain medicine in the evening or weekend.
- When taking pain medicine, **constipation** is common. Drink plenty of water and take stool softener, such as Colace or MiraLAX.
- Ice your leg frequently each day for 20 minutes at a time, several times throughout the day. Be sure to **raise** your leg above your heart to help reduce swelling and pain.
- **Movement:** Make sure you keep walking during the day. This will help control stiffness and prevent blood clots.
- **Total knee patients:** Avoid putting a pillow under your knee.