Pain Relief Pre & Post-Operatively

After certain operative procedures, moderate-to-severe pain occurs in nearly one third of people. The treatment of this pain is important to speed up recovery and move along the return to normal activities. Severe postoperative pain may cause extreme discomfort, which prevents sleep, thus contributing to postoperative fatigue. This postoperative pain limits or delays return to normal daily living, and delays recovery.

INFORMATION FOR THE PATIENT PRE & POST OPERATIVELY

- Relief of pain before an operation is important because it will lessen the pain post-operatively. It is known that patients who receive both *pre- and postoperative analgesia* (pain relief before and after an operation or procedure) experience greater pain relief than those who receive postoperative analgesia alone. For this reason, you must let your caregiver know if you are having uncontrolled pain prior to an elective procedure (an operation that is not an emergency).
- Control of pain before an amputation will markedly decrease the chances of developing *phantom limb pain* following the procedure. This means the development of pain in the portion of the body which has been removed.
- NSAID's are medications, which decrease *inflammation* (soreness), but are not steroids. When these medications are taken together, they may both be taken at the same time or as directed by your caregiver.

HOME CARE INSTRUCTIONS FOLLOWING SURGERY

- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver. Do not take aspirin. This increases the possibilities for bleeding. Use other pain medications as directed by your caregiver.
- Obtain proper rest.
- An ice pack applied to your site of your operation for the first two days may help with discomfort.

SEEK IMMEDIATE MEDICAL CARE IF:

- There is increasing pain, which is not controlled with medications.

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