



PAIN MANAGEMENT

Pain is to be expected following your procedure; however, it is rarely severe. Pain usually occurs in the first 24-36 hours following your procedure.

The following measures should help reduce postoperative pain:

- 1- If applicable, elevate the surgical site above the level of the heart
- 2- Place a thin towel over your surgical bandage and apply ice or cold packs or cold gel packs to the surgical site. The towel is to protect your skin. Leave the ice packs or gel packs in place for 20 minutes and repeat 4-6 times per day. Application of ice packs or gel pack is most helpful in the first 3 days following surgery.
- 3- Unless contraindicated by your medical condition, take the following combination of acetaminophen (Tylenol) and ibuprofen (Advil or Motrin) for pain:
 - Take two (2) 325mg acetaminophen + two (2) 200mg ibuprofen at the same time every 4 hours as needed for pain
 - Do not exceed 4 doses of the above combination within 24 hours
 - Do not take this combination of medication for more than 24 hours
 - Take the above medication with food
- 4- Beginning 24 hours after your procedure, you may use a NON-ASPIRIN pain reliever of your choice. Follow the label instructions for the medication used.
- 5- If your pain worsens or is not adequately managed with the above measures, call our office during regular business hours listed below.
- 6- Pain medications requiring a prescription cannot be phoned into your pharmacy. Should you require a prescription medication you will need to be seen at our office during regular business hours.

Further questions should be addressed through our clinic team line at 919-277-1017. Our normal business hours are Monday, Tuesday and Thursday, 7:30am– 5:00pm and 7:30am–1:30pm on Wednesday and Friday.

Calls to our physicians should be limited to medical emergencies only.