

West Michigan Surgical Specialists, PLC

PHONE 616.456.5311

Managing Your Pain After Surgery Without Opioids

For patients participating in the Michigan Pain-Control Optimization Pathway (MPOP)

Thank you for participating in our program to help patients manage their pain after surgery without opioids. This is part of our effort to provide you with the best care possible, without exposing you or your family to the risk that opioids pose.

BEFORE SURGERY PURCHASE:

- ACETAMINOPHEN 500mg TABLETS – Brand Name Tylenol
- IBUPROFEN 200mg TABLETS – Brand Name Motrin

What pain can I expect after surgery?

You can expect to have some pain after surgery. This is normal. The pain is typically worse the day after surgery, and quickly begins to get better.

A recent study found that patients are able to manage their pain after surgery with over-the-counter (OTC) medications such as acetaminophen (Tylenol) and ibuprofen (Motrin). If you have a condition that does not allow you to take acetaminophen (Tylenol) or ibuprofen (Motrin) tell your surgeon.

How will I manage my pain?

- You will have the best pain control by taking acetaminophen (Tylenol) and ibuprofen (Motrin) around the clock.
- Use ice packs on your incision.
- If your incision is on your abdomen, use a pillow to hold against your abdomen for support when getting up or when coughing.

How will I alternate the acetaminophen (Tylenol) and ibuprofen (Motrin)?

Taking pain medication on an empty stomach can cause nausea, so remember to always take these medications with crackers or some food.

- Start by taking acetaminophen (Tylenol) 500mg.
Write the time on the medication record provided.
- Three hours later take 600mg (3 tablets of 200mg) ibuprofen (Motrin).
Write the time on the medication record provided.

EXAMPLE:

12:00 PM	Tylenol 500mg
3:00PM	Motrin 600mg (3 pills of 200mg)
6:00PM	Tylenol 500mg
9:00PM	Motrin 600mg (3 pills of 200mg)
Continue alternating every 3 hours	

We recommend you follow this schedule around-the-clock for at least 3 days after surgery, or until you feel it is no longer needed.

<p style="text-align: center;">IMPORTANT:</p> <p style="text-align: center;">Do not take more than 3,000mg OF TYLENOL</p> <p style="text-align: center;">or</p> <p style="text-align: center;">3,200mg OF MOTRIN in a 24-HOUR period.</p>

What if I still have pain?

If you have pain that is not managed with the acetaminophen (Tylenol) and ibuprofen (Motrin) you are taking, you might have “breakthrough” pain. You will receive a prescription for a small amount opioid pain medication such as Norco, Oxycodone, Tramadol or Tylenol with Codeine. Use these opioid pills in the first 24 hours after surgery if you have breakthrough pain.

Do not take more than 1 pill every 4-6 hours.

If you still have uncontrolled pain after using all opioid tablets, please contact our staff. We will help make sure you are managing your pain in the best way possible, and if necessary, we can provide a prescription for additional pain medication. Please note, our surgeons will not prescribe opioid pain medication after hours or on weekends.

