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## **Discharge Instructions for Pain Management** ***Minor Surgery***

**It is normal to have some discomfort after your operation, you will not be pain-free.** During your operation, local freezing and pain medication were given to help with pain. Your pain will improve day by day. We want you to be able to do your daily activities comfortably: eat, sleep, deep breathe, and mobilize.

**Ice Therapy:** Many patients find an ice pack, or frozen peas, wrapped in a cloth, helps reduce the swelling and discomfort at the incision for the first few days after surgery. This can be applied for 15 minutes on, 15 minutes off at a time, while awake, for the first 5 days.

### **Medication Instructions**

Please take your medications with food and follow all of the instructions given to you by your pharmacist. Please notify your surgeon if you have a history of Stomach ulcers, Liver disease, Kidney disease or Allergies to any of these medications.

#### **First 2 days (48 hours) after surgery:**

1. **Acetaminophen** 500 mg (extra-strength Tylenol): Take 2 tablets orally (1000mg dose), every 6 hours, for 2 days.
2. **Ibuprofen** 200 mg (Advil): Take 2 tablets orally (400mg dose), every 6 hours, for 2 days. Do not take ibuprofen if it is not prescribed by your physician.

***To maximize your pain relief, it is recommended that you take both of these medications (only if both are prescribed) at the same time, every 6 hours whether you are having pain or not. These two medications work in different ways to reduce pain, so taking them at the same time, is safe to do.***

***The maximum dose of acetaminophen is 4000mg daily from all sources.***

***This medication plan should relieve most of your discomfort. Studies show that 90% of patients will have good pain control and will not require anything stronger.***

You will be given a prescription for a strong pain medication called **Hydromorphone (Dilaudid)**  
**DO NOT FILL THIS PRESCRIPTION.** Only fill it if the Acetaminophen and Ibuprofen do not control your pain in the first 6 hours .

#### **After 2 days (48 hours):**

1. **Acetaminophen** 500 mg (extra-strength Tylenol): Take 1-2 tablets orally (500mg-1000mg) only as needed, as often as every 6 hours.
2. **Ibuprofen** 200 mg (Advil): Take 2 tablets orally (400mg dose), only as needed, as often as every 6 hours. Take this only if prescribed by your physician.

**Medication Disposal:** Please return any leftover **Hydromorphone (Dilaudid)** to your pharmacy.

-Adapted from the Department of Surgery, University of Western Ontario, rev7, 24 April 2019