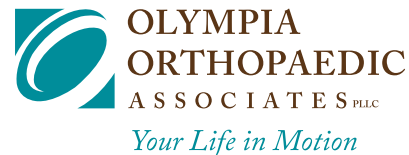


Pain Management Education

After-hours medical concerns: 360-709-6226



Ice 4-5 times per day in 20-30 minute increments: Make sure that you put a towel in-between your skin and the ice pack.

Elevate as much as possible: Make sure that you are elevating above your heart for best results.

Ace wrap:

- If given an ace wrap, leave in place to reduce swelling and keep pressure over the surgical site.
- If you have concerns about re-wrapping your ace bandage please call your provider, as we want to ensure that your wrap is not cutting off blood flow.

Over the counter medications:

- Alternate between NSAIDS and Tylenol as needed for pain (unless you are a fusion/fracture patient, or are otherwise instructed by your provider.) Some common examples of NSAIDS are Aspirin, Advil, Aleve, Ibuprofen, and Naproxen.
- If on blood thinners, please contact your provider's office before using NSAIDS medication.
- You may take up to 3,000 mg of Tylenol per day, no more frequently than every 4 hours. Do not mix alcohol with Tylenol as both affect the liver.

Rest:

- Rest as much as possible and make sure that you are not doing too much.
- If given instructions for exercises during your post-op period, please ensure that you are doing these as directed.
- Let pain be your guide. If you are having increasing pain, decrease your activity and call the office for any concerns or questions.

Drink plenty of water

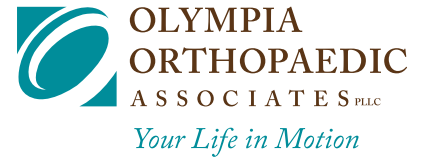
Pain lasting longer than 6 weeks after surgery:

Based on the Health Care Authority recommendations, Olympia Orthopaedic Associates has established a guideline that patients will no longer receive pain medication refills 6 weeks from the date of surgery. The HCA classifies pain persisting after 6 weeks as chronic in nature, rather than post-operative. If you are still having pain 6 weeks after surgery, your provider may request an evaluation by a pain management specialist to help manage your ongoing pain.

IF YOU HAVE FURTHER QUESTIONS PLEASE REACH OUT TO YOUR PROVIDER:

Pain Management Education

After-hours medical concerns: 360-709-6226



Refills of prescriptions can take our clinic 48 to 72 hours to process. Please anticipate and allow plenty of time for us to refill your medication before you run out. Please note; we are unable to refill pain medication prescriptions by telephone on nights, weekends, and holidays.

Want to discard unwanted medication? For drop-off locations visit: www.takebackyourmeds.org

Understanding Your Pain Level

0 No Pain	I have no pain.
1 Minimal	My pain is hardly noticeable.
2 Mild	I have a low level of pain. I am aware of my pain only when I pay attention to it.
3 Uncomfortable	My pain bothers me, but I can ignore it most of the time.
4 Moderate	I am constantly aware of my pain, but I can continue most activities.
5 Distracting	I think about my pain most of the time. I cannot do some of the activities I need to do each day because of the pain.
6 Distressing	I think about my pain all of the time. I give up many activities because of my pain.
7 Unmanageable	I am in pain all of the time. It keeps me from doing most things.
8 Intense	My pain is so severe that it is hard to think of anything else. Talking and listening are difficult.
9 Severe	My pain is all I can think about. I can barely talk or move because of the pain.
10 Unable to Move	Worst pain imaginable. I need someone to take me to the emergency room to get help for my pain.