

## PAIN

At some point during your recovery, you may experience post-operative pain. All patients experience pain to varying degrees. Typically by the second or third day post-operatively the anesthesia has worn off, and you may feel a little more uncomfortable than you did initially. This is normal. Pain control should be approached in a tiered fashion. If your pain is mild, you should ice your operative joint, attempt to get up and move 5 times per day, and use over the counter pain reliever for pain (check with your surgeon if you are unsure which you can take). If your pain is moderate, you should use the narcotic medication prescribed to you by your doctor, in the manner that it has been prescribed. It is best to try to anticipate when your pain transitions from mild to moderate, so that you can take your medication and try to prevent it. If your pain is severe, and not controlled, please contact your surgeon's office immediately. If this occurs after hours, call the on-call physician. Be prepared that it may be recommended for you to go to the ER for an IV dose of medication. Very rarely do patients' pain levels get to this point. Please discuss any questions/concerns you may have with your doctor prior to surgery so that you will have a plan in place. Please remember that narcotic medications cannot be called into a pharmacy. If you find that you are running low on your medication, contact your surgeon's office during business hours so that you may get a refill prescription.