



**JAGLOWSKI
ORTHOPEDIC
INSTITUTE**

Pain Control After Surgery **Post-Operative Care**

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- It is important to realize that there will be some pain after surgery, and this is a normal part of your recovery. Unfortunately, there is no such thing as “painless surgery.” While pain can sometimes be a marker of something going wrong, in the context of Orthopedic surgery, it is usually completely normal. If you are concerned about the level of pain that you are experiencing, please call Dr. Jaglowski’s office at (281) 316-0121 or contact directly at jagsortho@gmail.com. He and his team can discuss management you and ask a few questions to confirm that your level of pain is normal and not a sign of something dangerous.
- Dr. Jaglowski uses the pain scale from 0-10 to try to help recommend how many opiate pain pills to take, so try to be honest with yourself about your pain level. Remember, zero is no pain at all, and 10 is the worst pain imaginable. Dr. Jaglowski recommends not taking any opiates if your pain is in a 0-4 range. Pain in the range of 0-4 is generally expected and very normal. If your pain rises above a 4, use the charts below for some recommendations of how to add in opiate medication to try to bring it down to the 0-4 range.

10	Worst Pain You Can Imagine
7-9	Severe Pain Pain keeps you from doing your regular activities. ⑨ Pain is so bad that you can't do any of your regular activities, including talking or sleeping. ⑧ Pain is so intense that you have trouble talking. ⑦ Pain distracts you and limits your ability to sleep.
4-6	Moderate Pain Pain may interfere with your regular activities. ⑥ Pain makes it hard to concentrate. ⑤ You can't ignore the pain but you can still work through some activities. ④ You can ignore the pain at times.
1-3	Mild Pain Pain doesn't interfere with your regular activities. ③ You may notice the pain but you can tolerate it. ② You may feel some twinges of pain. ① You may barely notice the pain.
0	No Pain

Pain Scale

- You have been given a prescription for an opiate pain medication (Norco, Oxycodone, Percocet, etc.). By following the “Over-The-Counter Medicine” Regimens below, you may be able to avoid taking any of the opiate medication or may only need it for a day or two. Feel free to wean off the opiate as soon as you can.
- If you have a history of Obstructive Sleep Apnea (OSA), be sure to let Dr. Jaglowski know as he may decide to change your post-operative pain regimen.
- If your narcotic pain medication has ACETAMINOPHEN in it (e.g. Norco, Percocet) then you **CANNOT** take TYLENOL at the same time, which is the same medication. You **SHOULD NOT** exceed 4000mg of Tylenol in a 24-hour period. The usual dose of Tylenol per Norco tablet is 325mg, therefore you should not exceed 12 tablets in a 24-hour period.
- Side effects of the pain medication include itching, nausea, vomiting, dry mouth, constipation, dizziness and lightheadedness. Taking the medication with food will decrease the risk of nausea. **To prevent constipation, it is recommended that you take a stool softener (e.g. Colace, Senna, etc.) while taking the opiate. Colace and Senna can be purchased over the counter. Take one tab 2-3 times per day.**
- If taking the opiate medication causes you to experience itching without a rash, and without any swelling of the mouth or difficulty breathing, this is very common, and is not a true allergy. The best way to manage this is to try to wean off the opiates and just take the Advil/Tylenol regimen described below, or to take Benadryl for the itching. However, the Benadryl may not manage the itching very well, and often just puts you to sleep so you aren’t as bothered by the itching.
- Try to wean off the opiate pain medication as soon as possible. Using Dr. Jaglowski’s regimen below will help you transition away from the opiates as soon as possible.
- Below are our Suggested Post-Operative Pain Management Regimens

(Note that generic medications are exactly the same as brand name and can be substituted at lower cost and without any change in effectiveness.)

SUGGESTED OVER-THE-COUNTER PAIN REGIMEN

MODERATE PAIN (Pain Scale 5-6)

DO NOT take the Tylenol if your opiate has acetaminophen in it already (e.g. Percocet, Norco)

6 AM	600 mg Advil (ibuprofen) 1000 mg Tylenol (acetaminophen)
12 NOON	600 mg Advil (ibuprofen) 1000 mg Tylenol (acetaminophen)
6 PM	600 mg Advil (ibuprofen) 1000 mg Tylenol (acetaminophen)
12 AM (MIDNIGHT)	600 mg Advil (ibuprofen) 1000 mg Tylenol (acetaminophen)

SUGGESTED OVER-THE-COUNTER PAIN REGIMEN

SEVERE PAIN (Pain Scale 7-10)

DO NOT take the Tylenol if your opiate has acetaminophen in it already (e.g. Percocet, Norco)

6 AM	600 mg Advil (ibuprofen)
9 AM	1000 mg Tylenol (acetaminophen)
12 NOON	600 mg Advil (ibuprofen)
3 PM	1000 mg Tylenol (acetaminophen)
6 PM	600 mg Advil (ibuprofen)
9 PM	1000 mg Tylenol (acetaminophen)
12 AM (MIDNIGHT)	600 mg Advil (ibuprofen)
3 AM	1000 mg Tylenol (acetaminophen)

Note that this regimen is the same as the “Moderate Pain” regimen, however, it splits the Advil and the Tylenol so that they are taken at different times. In this regimen, you are taking SOMETHING every 3 hours, so you are always on the “upswing” of one or the other medication. Just as one of the medications is wearing off, you are dosing yourself with the other medication.

IN ADDITION to the “Over-The-Counter” pain regimens above, the opiate you have been prescribed (typically Norco) can be added in AS NEEDED to supplement your pain and manage breakthrough moments of increased pain. You are encouraged to try to stop taking the opiate as soon as possible, and if you can manage without the opiate, please feel free to do so. At each moment that you are taking your other medications, try to assess your level of pain and take an oxycodone

SUGGESTED PAIN REGIMEN – WITH OPIATE

MODERATE PAIN (Pain Scale 5-6)

6 AM	600 mg Advil (ibuprofen) + Pain Level 0-4: NO Norco Pain Level 5-6: ONE Norco Pain Level 7-10: TWO Norco
12 PM (NOON)	600 mg Advil (ibuprofen) + Pain Level 0-4: NO Norco Pain Level 5-6: ONE Norco Pain Level 7-10: TWO Norco
6 PM	600 mg Advil (ibuprofen) + Pain Level 0-4: NO Norco Pain Level 5-6: ONE Norco Pain Level 7-10: TWO Norco
12 AM (MIDNIGHT)	600 mg Advil (ibuprofen) + Pain Level 0-4: NO Norco Pain Level 5-6: ONE Norco Pain Level 7-10: TWO Norco

SUGGESTED PAIN REGIMEN – WITH OPIATE

SEVERE PAIN (Pain Scale 7-10)

***** If you are following this regimen and are consistently taking TWO Norco at EACH time point, please call Dr. Jaglowski to let him know that you are requiring that level of pain relief. *****

6 AM	600 mg Advil (ibuprofen) + Pain Level 0-4: NO Norco Pain Level 5-6: ONE Norco Pain Level 7-10: TWO Norco
9 AM	Pain Level 0-4: NO Norco Pain Level 5-6: ONE Norco Pain Level 7-10: TWO Norco
12 NOON	600 mg Advil (ibuprofen) + Pain Level 0-4: NO Norco Pain Level 5-6: ONE Norco Pain Level 7-10: TWO Norco
3 PM	Pain Level 0-4: NO Norco Pain Level 5-6: ONE Norco Pain Level 7-10: TWO Norco
6 PM	600 mg Advil (ibuprofen) + Pain Level 0-4: NO Norco Pain Level 5-6: ONE Norco Pain Level 7-10: TWO Norco
9 PM	Pain Level 0-4: NO Norco Pain Level 5-6: ONE Norco Pain Level 7-10: TWO Norco
12 AM (MIDNIGHT)	600 mg Advil (ibuprofen) + Pain Level 0-4: NO Norco Pain Level 5-6: ONE Norco Pain Level 7-10: TWO Norco **NO MORE NORCO MAY BE ALLOWED AT THIS POINT IF YOU WERE CONSISTENTLY TAKING 2 TABLETS EVERY 3 HOURS AS YOU HAVE REACHED THE MAX DAILY DOSE OF 12 TABLETS OR 4000MG OF TYLENOL**
3 AM	Pain Level 0-4: NO Norco Pain Level 5-6: ONE Norco Pain Level 7-10: TWO Norco

Do NOT drive a car or operate any heavy machinery while you are taking narcotic pain medication (Oxycodone, Oycontin, Norco, Percocet, Tylenol #3, etc.)