

Pain Management Guidelines for Maximal Control of Early Post-Operative Pain

Pain Medication

For a normal adult, alternate 2 paracetamol (total 1000mg, or 1g) and 2 of the stronger medications (codeine or Tramadol) every three hours.

This means, for example, that you may be taking 1000mg (1g) paracetamol, followed three hours later by 2 tramadol (totalling 100mg), and repeating this sequence. This means that you don't take either of these medications more than six hourly but get something every three hours.

Ice

Apply ice for 10 – 15 minutes every two hours over the painful regions.

Further Strategies

Generally, I don't prescribe anti-inflammatories as a routine post-operative medication; if you tolerate these and the other strategies are not helping, then a short course of these in addition may also be useful.

If you are wearing a sling or a brace, this can be loosened with the limb supported on pillows to rest in a more relaxed position, unless otherwise advised.

Nausea or Malaise

For general symptoms of nausea or malaise, see your doctor. If there is any concern over the wound or infection, then contact our office or seek after hours medical review if required.