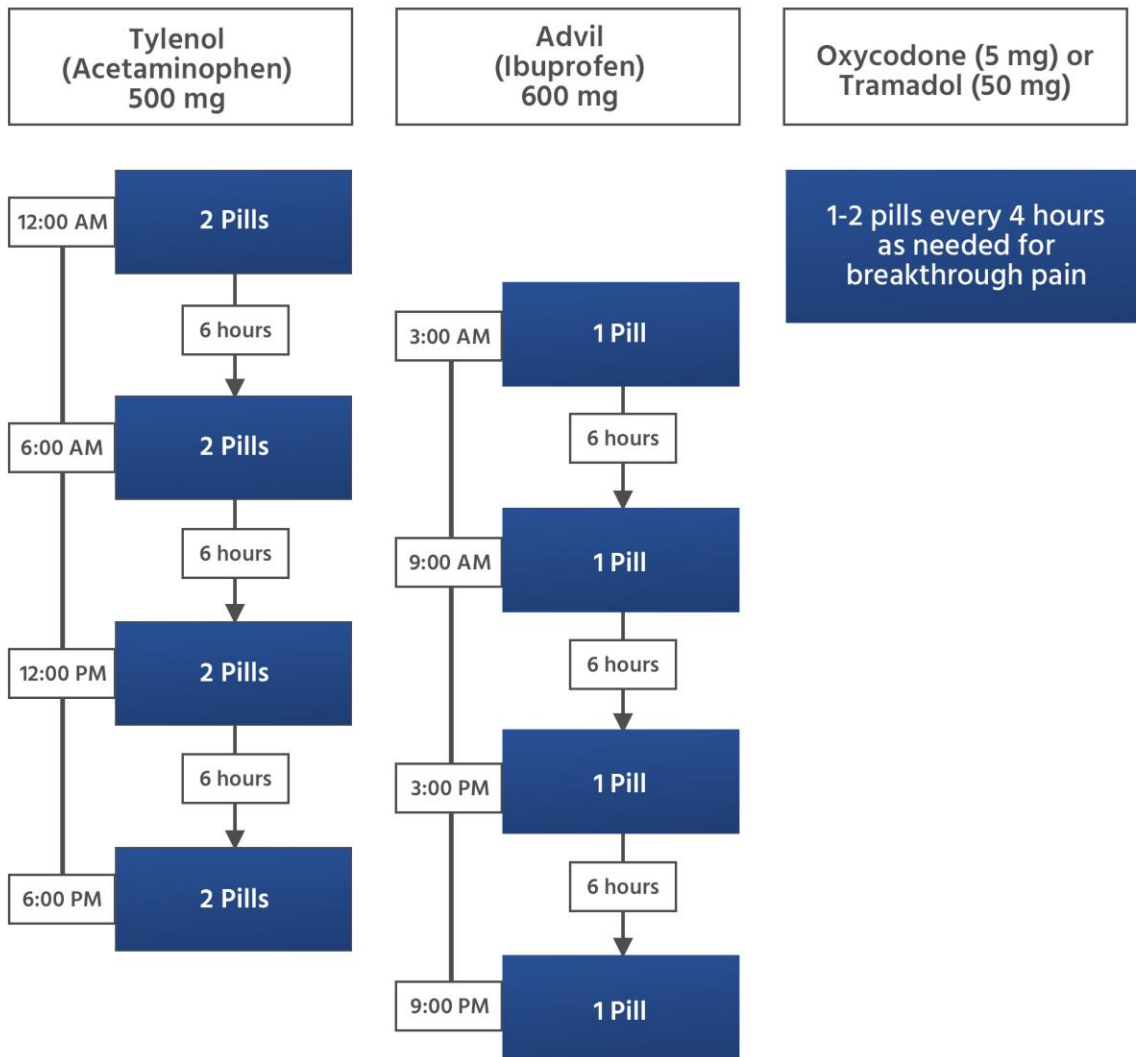


Post-Operative Pain Control



Advil is a nonsteroidal anti inflammatory (NSAID). Other medications in this family include Aleve, Meloxicam, Celebrex, and Diclofenac and may be prescribed instead of Advil.

The narcotic pain medication is for breakthrough pain only. Don't take this to "stay ahead of the pain." Only use it if you have pain greater than 5/10 after taking the non narcotic medications. In addition to the addiction potential, narcotic medications can cause headaches, constipation, and nausea. You may want to take an over the counter stool softener, drink plenty of water, and eat high fiber foods to help avoid this.

Ice and elevation of the extremity above your heart is very effective at treating your pain. Crushed ice or a bag of peas for 30 minutes at a time will help with both inflammation and pain.