



Discharge Instructions for Pain Management *Minor Surgery*

It is normal to have some discomfort after your operation, you will not be pain-free. During your operation, local freezing and pain medication were given to help with this. Your pain will improve day by day. We want you to be able to do your daily activities comfortably.

Ice Therapy: Many patients find an ice pack, wrapped in a cloth, helps reduce the swelling and discomfort at the incision for the first few days after surgery. This can be applied for 15 minutes on, 15 minutes off at a time, while awake, for the first 2 days.

Medication Instructions

Please take your medications with food and follow all of the instructions given to you by your pharmacist.

Please notify your surgeon if you have a history of Stomach ulcers, Liver disease, Kidney disease or Allergies to any of these medications.

First 2 days (48 hours) after surgery:

1. **Ibuprofen** 200 mg (Advil): Take 2 tablets orally (400mg dose), every 6 hours, for 2 days.
2. **Acetaminophen** 500 mg (extra-strength Tylenol): Take 2 tablets orally (1000mg dose), every 6 hours, for 2 days.

To maximize your pain relief, it is recommended that you take both of these medications at the same time every 6 hours whether you are having pain or not. Advil and Tylenol work in different ways to reduce pain, so taking them at the same time, is safe to do.

This medication plan should relieve most of your discomfort. 90% of patients will have good pain control and will not require anything stronger.

You will be given a prescription for a strong pain medication called **Hydromorphone (Dilaudid)** DO NOT FILL THIS PRESCRIPTION. Only fill it if the other medications do not control your pain in the first 6 hours .

After 2 days (48 hours):

1. **Acetaminophen** 500 mg (extra-strength **Tylenol**): Take 1-2 tablets orally (500mg-1000mg) only as needed, as often as every 6 hours.
2. **Ibuprofen** 200 mg (**Advil**): Take 2 tablets orally (400mg dose), only as needed, as often as every 6 hours.

Medication Disposal: Please return any leftover **Hydromorphone (Dilaudid)** to your pharmacy.

-Adapted from the Department of Surgery, University of Western Ontario, rev5, 12 Feb 2019