
© 2020 Joule Inc., or its licensors Online appendices are unedited and posted as supplied by the authors.

---

**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 pain. *Your pain will improve day by day.* We want you to be able to do your daily activities comfortably: eat, sleep, deep breathe, and mobilize.

**Ice Therapy:** Many patients find an ice pack, or frozen peas, 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 5 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. **Acetaminophen** 500 mg (extra-strength Tylenol): Take 2 tablets orally (1000 mg dose), every 6 hours, for 2 days.
2. **Ibuprofen** 200 mg (Advil): Take 2 tablets orally (400 mg dose), every 6 hours, for 2 days. Do not take ibuprofen if it is not prescribed by your physician.

*To maximize your pain relief, it is recommended that you take both of these medications (only if both are prescribed) at the same time, every 6 hours whether you are having pain or not. These two medications work in different ways to reduce pain, so taking them at the same time, is safe to do.*

**The maximum dose of acetaminophen is 4000 mg daily from all sources.**

*This medication plan should relieve most of your discomfort. Studies show that 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 Acetaminophen and Ibuprofen 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 (500 mg-1000 mg) only as needed, as often as every 6 hours.
2. **Ibuprofen** 200 mg (Advil): Take 2 tablets orally (400 mg dose), only as needed, as often as every 6 hours. Take this only if prescribed by your physician.

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

-Adapted from the Department of Surgery, University of Western Ontario, rev7, 24 April 2019