

## Arthroscopic Pain Management

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### BASICS

- It is normal to have pain after surgery.
- Pain medicines are not designed to completely relieve pain, but instead, make it easier to manage.
- Pain management with a multi-modal approach has been shown most effective.

### PRE-OPERATIVE & INTRA-OPERATIVE

- You may be given medicine for pain starting in the pre-operative area.
- Local anesthetic will be injected in and around your surgical site.

### PAIN MEDICINE AT HOME

- Acetaminophen (Tylenol): 1,000 mg every 8 hours (max 3000 mg / day)
- Ibuprofen (Advil): 600 mg every 8 hours (max 2400 mg / day)
  - When you get home from surgery, start taking acetaminophen (Tylenol) and your NSAID with your next meal.
  - These can be alternated or taken at the same time.
  - Do not take on an empty stomach.
- Oxycodone: 5-10 mg every 4-6 hours OR Vicodin 1-2 tablets every 4-6 hours
  - Take as needed for breakthrough pain, to help when acetaminophen and ibuprofen are not enough.
  - You may or may not need narcotics depending what was done at surgery.
  - This may make you constipated, take stool softeners as long as you are taking narcotics, use over the counter laxative if needed.
  - No driving, caring for children, or working while taking narcotics
  - The expectation is you will require only one narcotic prescription.
- Continue to ice as much as possible (20 minutes on, 40 off) for the first week
- After knee surgery, use a compressive wrap and elevate if swelling persists.