

## Joint Replacement 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 after joint replacement will be a multi-modal approach which has been shown to be the most effective.

### PRE-OPERATIVE & INTRA-OPERATIVE

- You may be given oral medicine for pain starting in the pre-operative area.
- Multiple local anesthetic agents may be injected in and around your surgical site at the time of surgery.

### REGIONAL ANESTHESIA

- Regional anesthesia is a nerve block that can be performed by your anesthesiologist usually in the pre-op area.
- These are very common and recommended to help with post-operative pain right after surgery
- Shoulder and knee replacements will likely have this option, hip replacements do not.

### IMMEDIATE POST-OPERATIVE

- In the hotel care suite or hospital, multiple oral medications will be available.
- The goal is to use the same medications you will be sent home with, so you feel ready to manage your pain at home.
- IV medications will be available.
- Ice, compression, and elevation are key factors in pain control. These should be employed frequently.

### POST-OPERATIVE

- When you get home from surgery, start taking acetaminophen (Tylenol) and your NSAID (see below) with your next meal.
- These can be alternated or taken at the same time.
- Do not wait for the local anesthetic to wear off before starting to take these medications. Do not take on an empty stomach.
- Take the oxycodone as needed for breakthrough pain, to help when acetaminophen and ibuprofen are not enough.

- Ice 20 minutes on, 40-60 minutes off, as much as possible the first few days after surgery. Continue to use the ice in the first couple weeks as much as you would like. Do not put the ice directly on the skin, do not sleep with ice on.
- Use a compressive wrap and elevate the leg as much as possible.

## PAIN MEDICINE AT HOME

Acetaminophen (Tylenol): 1,000 mg every 8 hours (max 3000 mg / day)

Anti-inflammatory (NSAIDs): take only one of these medications:

- Ibuprofen (Advil): 600 mg every 8 hours (max 2400 mg / day)
- Naproxen (Aleve): 500 mg twice a day (max 1000 mg / day)
- Ketorolac (Toradol): 10 mg every 6 hours (max 40 mg / day)

Adjuncts: this may or may not be prescribed

- Hydroxyzine (Vistaril): 25-50 mg every 6 hours
- Gabapentin (Neurontin): 300 mg every 8 hours

Narcotics: Oxycodone: take 5-10 mg every 4-6 hours

- You will likely use narcotics regularly for the first couple days. Then begin to space out how frequently you take it until you are only taking it only with PT and at night. Finally, wean off this as well. As you stop taking narcotics, substitute Tylenol and/or NSAIDs.
- You should not drive, care for children, or work while taking narcotic pain medicine.
- The oxycodone may make you constipated, take stool softeners while taking narcotics and use over the counter laxative if needed.
- You will be provided with a narcotic prescription when you go home after surgery. The expectation is this will be all you require. A second prescription may be an option depending on your recovery; however, a third narcotic prescription will not be provided. You will have to work with your primary doctor or pain management specialist if you require further narcotics

**Example pain medication schedule with narcotic wean. This is an example, the goal is to wean off the narcotics as soon as possible.**

### **DAYS 1-3**

8:00 am	Tylenol and oxycodone
12:00 pm	Ibuprofen and oxycodone
4:00 pm	Tylenol and oxycodone
8:00 pm	Ibuprofen, oxycodone, hydroxyzine
Overnight	Tylenol and oxycodone

**DAYS 4-7**

8:00 am	Tylenol and oxycodone
12:00 pm	Ibuprofen and hydroxyzine
4:00 pm	Tylenol and oxycodone
10:00 pm	Ibuprofen, oxycodone, hydroxyzine
Overnight	

**DAYS 8-11**

8:00 am	Tylenol and hydroxyzine
11:00 pm	Ibuprofen and oxycodone (after PT)
4:00 pm	Tylenol
10:00 pm	Ibuprofen, oxycodone, hydroxyzine
Overnight	

**DAYS 12-14**

8:00 am	Tylenol and ibuprofen
12:00 pm	
4:00 pm	Tylenol and ibuprofen
10:00 pm	Oxycodone and hydroxyzine
Overnight	Tylenol and/or ibuprofen

**DAYS 15-21**

8:00 am	Tylenol and ibuprofen
12:00 pm	
4:00 pm	Tylenol and ibuprofen
10:00 pm	Hydroxyzine
Overnight	Tylenol and/or ibuprofen