



**Managing Pain**  
**After Surgery**



**Scott & White**  
**MEDICAL CENTER**

*Part of Baylor Scott & White Health*

1. Your surgical team will discuss with you what normal pain to expect after your surgery, and will help manage your pain so that you are comfortable.
2. Your pain after surgery will be measured using a pain assessment score.
3. Use of opioids for pain control may result in secondary adverse effects such as; nausea, vomiting, constipation, respiratory depression, allergic reactions, sleepiness, addiction, etc.
4. Use of opioids may extend your hospital stay due to secondary adverse effects and complications related to them.
5. Your surgical team will control your pain after surgery using a multiple strategies which will rely on less opioids. These include:
  - Meditation, relaxation techniques and visualization are all useful techniques that can be used to better control your pain after surgery. These techniques may also help you decrease your anxiety and stress before and after surgery.
  - Regularly scheduled doses of acetaminophen (Tylenol) and non-steroidal antiinflammatories (NSAIDS) and other non-opioid medicines will be prescribed to you after surgery to better control your pain.
  - Special nerve blocks and infiltration with local anesthetics may be used during surgery to better control your pain after surgery.
6. You will be given a log prior to surgery to keep track of your pain level and any opioids taken after surgery.

**CANNOT  
FUNCTION:  
TOO MUCH OPIOID  
MEDICINE**

\*Pain Score Between 1-3

**CAN  
FUNCTION:  
WELL CONTROLLED  
PAIN**

\*Pain Score Between 4-6

**CANNOT  
FUNCTION:  
TOO MUCH  
PAIN**

\*Pain Score Between 7-10

