

Pain Medication After Surgery

Why am I taking pain medications?

After surgery, you may be in pain. Medications may not be able to make all your pain go away, but they may help reduce your pain.

What kind of medications will I take?

We will prescribe you acetaminophen (Tylenol®) and ibuprofen (Motrin®) for pain control (you can also buy them without a prescription). Each medication works differently in the body to reduce pain, so we want you to take both medications at the same time. They actually work better together!

How often should I take the pain medications?

You should take Tylenol® and Motrin® together (at the same time) every 6 hours. Follow this schedule for at least the first 2-3 days after surgery. You do not have to set an alarm to wake up and take pain medication while you're sleeping - just take these medications every 6 hours during the day, while you are awake.

What if Tylenol® and Motrin® are not enough to manage my pain?

- We may prescribe you a stronger pain medication called oxycodone. You should use only use this medication in small amounts, and only if you're still in pain after taking the other 2 medications.
- You can also try using ice packs for pain relief. We recommend using ice packs for no longer than 20 minutes at a time, and then giving the skin 20 minutes without ice to rest. Do not use ice packs while you are

sleeping. Please use a towel or ice pack holder to prevent putting the ice packs directly on your skin.

If you have any questions or concerns, please call us at (734) 998-6022 or send us a message through the online patient portal ([MyUofMHealth.org](https://myuofmhealth.org)).

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