FOR CAREGIVERS

Your role as a caregiver for your family/friend after their upcoming surgery is critical. Our office strongly encourages you to review the Post Surgery Pain Management Protocol which we provided to them. In addition, we want to share the following information with you:

Over 91% of our patients do not require prescription opioids (narcotics) after surgery. Thus, our office does not routinely prescribe opioids.
A combination of over-the-counter Tylenol and Advil taken every 6 hours is enough for effective postoperative pain control in most patients.
The addition of vigilant icing for at least 20' on 20' off over the first 48 hours will also reduce postoperative pain levels dramatically.
Avoiding over-activity for two weeks will allow for healing and reduce the risk of complications, as well as minimize swelling, bruising and associated pain. However, it is important to get up and move around while recovering. Casual walking is encouraged.
As a caregiver, helping supervise these effective non-opioid pain control modalities will provide your family/friend a smoother recovery without the unnecessary risks of opioids.

Our office thanks you in advance for being an integral part of a successful and opioid free recovery. Please feel free to contact our office if you have any questions about your role as a caregiver.

POST-OP CHECKLIST

ARRIVE HOME TIME	Tylenol 1000mg	Advil 600mg	Ice 20 on - 20 off	Walk
_____ am/pm	◯	◯	◯	◯
_____ + 6 hours	◯	◯	◯	◯
_____ +12 hours	◯	◯	◯	◯
_____ +18 hours	◯	◯	◯	◯
_____ +24 hours	◯	◯	◯	◯
_____ +30 hours	◯	◯	◯	◯
_____ +36 hours	◯	◯	◯	◯
_____ +42 hours	◯	◯	◯	◯
_____ +48 hours	◯	◯	◯	◯