

General Pre & Post- Operative Instructions

Before your surgery or Procedure:

1. Your doctor or the facility's nurse will instruct you as what time you are to stop eating and drinking prior to your procedure.
2. If you take a medication for any condition, ask your doctor and/or the facility's nurse if you should take the medication on the day of the procedure.
3. Notify physician or staff of any changes in your health.
4. For your safety, please arrange for an adult to drive you home afterwards. You will not be allowed to drive yourself home.

Day of the Surgery or Procedure:

1. Arrive promptly at your scheduled time.
2. Be sure to bring any paperwork, insurance and identification cards or any other documents required.
3. Do not drink or eat anything unless advised otherwise.
4. Please leave any valuables at home.

In the Recovery area:

1. After the procedure you will be monitored closely in the recovery area, until you are ready to go home or to your hospital room.
2. When you are fully awake and able to go home, your contact person will be notified. The time you spend in the recovery room can vary, but usually takes up to three hours after your procedure.
3. It is normal to feel discomfort in the surgical area after the procedure. You may also experience drowsiness, dizziness or nausea from the anesthesia.
4. If you have no contraindications, you may take take Ibuprofen (Motrin) 600 mg every 4-6 hours after the procedure for pain or any prescribed pain medications if given.

At home after procedure:

1. Following surgery, you will need to keep the incision clean and dry. You may use water and a mild soap.
2. Do not submerged yourself in water, such as taking a bath or swimming, until instructed otherwise.
3. Do not removed any paper strips or cut any visible sutures on your incision.
4. Unless instructed otherwise, do not place anything in the vagina (douching, tampons, intercourse) for at least 6 weeks following the procedure.
5. Nausea and vomiting can be common following surgery. If it becomes severe and you experience signs of dehydration, (dizziness, dry mouth, urinating less than 4 times a day) please return to hospital.
6. A low-grade fever (100.5) is not uncommon during the first 24 hours after surgery. If you experience a temperature above 101 degrees, please notify your physician and return to the hospital.
7. If spinal anesthesia was used, you may experience a headache. If the headache becomes severe, please return to the hospital for evaluation.

Information on Nonopioid Alternatives for the Treatment of Pain

A guide to working with your healthcare practitioner to manage pain

Prescription opioids are sometimes used to treat moderate-to-severe pain. Because prescription opioids have a number of serious side effects, it is important for you to ask questions and learn more about the benefits and risks of opioids. Make sure you're getting care that is safe, effective, and right for you.



This pamphlet provides information about nonopioid alternative treatments to manage pain. You and your healthcare practitioner can develop a course of treatment that uses multiple methods and modalities, including prescription medications such as opioids, and discuss the advantages and disadvantages of each approach.

Pain management requires attention to biological, psychological, and environmental factors. Before deciding with your healthcare practitioner about how to treat your pain, you should consider options so that your treatment provides the greatest benefit with the lowest risk.

Cold and heat. Cold can be useful soon after an injury to relieve pain, decrease inflammation and muscle spasms, and help speed recovery. Heat raises your pain threshold and relaxes muscles.

Exercise. Staying physically active, despite some pain, can play a helpful role for people with some of the more common pain conditions, including low back pain, arthritis, and fibromyalgia.

Weight loss. Many painful health conditions are worsened by excess weight. It makes sense, then, that losing weight can help to relieve some kinds of pain.

Diet and nutrition. Chronic pain may be the result of chronic inflammation. Some foods can increase inflammation and contribute to pain levels. Reducing or eliminating foods that increase inflammation may provide pain relief.

Yoga and tai chi. These mind-body and exercise practices incorporate breath control, meditation, and movements to stretch and strengthen muscles. They may help with chronic pain conditions such as fibromyalgia, low back pain, arthritis, or headaches.

Transcutaneous electrical nerve stimulation (TENS). This technique employs a very mild electrical current to block pain signals going from the body to the brain.

Over-the-counter medications. Pain relievers that you can buy without a prescription, such as acetaminophen (Tylenol) or nonsteroidal anti-inflammatory drugs (NSAIDs) like aspirin, ibuprofen (Advil, Motrin), and naproxen (Aleve, Naprosyn) can help to relieve mild to moderate pain.



Treatments provided by Licensed Healthcare Providers

Physical therapy (PT) and occupational therapy (OT). *PT helps to increase flexibility and range of motion which can provide pain relief. PT can also restore or maintain your ability to move and walk. OT helps improve your ability to perform activities of daily living, such as dressing, bathing, and eating.*

Massage therapy. *Therapeutic massage may relieve pain by relaxing painful muscles, tendons, and joints; relieving stress and anxiety; and possibly impeding pain messages to and from the brain.*

Acupuncture. *Acupuncture is based on traditional Chinese medical concepts and modern medical techniques and provides pain relief with no side-effects by stimulating the body's pain-relieving endorphins. Techniques may include inserting extremely fine needles into the skin at specific points on the body.*

Chiropractic care. *Chiropractic physicians treat and rehabilitate pain, diseases and conditions using manual, mechanical, electrical, natural methods, physical therapy, nutrition and acupuncture. Chiropractors practice a hands-on, prescription drug-free approach to health care that includes patient examination, diagnosis and treatment.*

Osteopathic Manipulative Treatment (OMT). *Osteopathic physicians (DO) are educated, trained, and licensed physicians, but also receive additional training in OMT. OMT is a set of hands-on techniques used by osteopathic physicians to diagnose, treat, and prevent illness or injury. OMT is often used to treat pain but can also be used to promote healing, increase overall mobility, and treat other health problems.*

Behavioral interventions. *Mental health professionals can offer many avenues for pain relief and management. For example, they can help you reframe negative thinking patterns about your pain that may be interfering with your ability to function well in life, work, and relationships. Behavioral interventions can allow you to better manage your pain by changing behavior patterns.*

Topical treatments and medications. *Topical Agents, including Anesthetics, NSAIDs, Muscle Relaxers, and Neuropathic Agents, can be applied directly to the affected areas to provide needed pain relief and typically have a*

minimal risk of side-effects due to low absorption of the medication into the blood stream. Compounded topicals prepared by a pharmacist can be customized to the patient's specific needs.

Interventional pain management. *"Interventional" procedures might include an injection of an anesthetic medicine or steroid around nerves, tendons, joints or muscles; spinal cord stimulation; insertion of a drug delivery system; or a procedure to stop a nerve from working for a long period of time.*

Non-opioid anesthesia. *Non-opioid anesthesia refers to the anesthetic technique of using medications to provide anesthesia and post-operative pain relief in a way that does not require opioids. Anesthetists can replace opioids with other medications selected for their ability to block surgical and post-surgical pain. By replacing opioids and incorporating the variety of anesthetic and analgesic medications that block the process of pain, anesthesia providers can provide a safer anesthetic that avoids the adverse effects of opioids.*

Discuss these alternatives with your healthcare practitioner and talk about the advantages and disadvantages of the specific options being considered. Different approaches work better on different types of pain. Some treatments for pain can have undesirable side effects while others may provide benefits beyond pain relief. Depending on your insurance coverage, some options may not be covered, resulting in substantial out-of-pocket costs. Other options may require a significant time commitment due to the number of treatments or the time required for the treatment. Good communication between you and your healthcare practitioner is essential in building the best pain management plan for you.

Helpful Hints and Links

When you are selecting a healthcare practitioner, you can verify their license and find more information at: <https://appsmqa.doh.state.fl.us/MOASearchServices/Home>

You can find more information at these links.

National Institutes of Health: <https://nccih.nih.gov/health/pain/chronic.htm>

Centers for Disease Control and Prevention: https://www.cdc.gov/drugoverdose/pdf/nonopioid_treatments-a.pdf

