

Pain Management After Orthopaedic Surgery

Pain management after orthopaedic surgery involves the use of more than one type of medication. This approach helps improve comfort, reduce side effects, and lower the need for opioids.



PAIN MANAGEMENT TOOLBOX



Multimodal Approach

Using more than one type of medication may better control pain. It also may lower side effects.



Nonopioid Options

Medications, such as ibuprofen and acetaminophen, often are used first. They help reduce pain and lower swelling.



Opioids as Short-Term Tools

Opioids are used for severe pain. They should only be used for a short time.

ANESTHESIA PLAN

GENERAL ANESTHESIA



You are fully asleep during the procedure. You are not aware of what is happening.

LOCAL OR REGIONAL ANESTHESIA



Numbs a specific area of the body; you may be awake or lightly sedated.

VS.

Awareness	Fully asleep	Awake or lightly sedated
Area Affected	Whole body	Only the surgery area
Recovery Benefit	Standard recovery	May help with earlier movement

SAFETY AND RECOVERY



Anti-Anxiety Medications

Used to help reduce muscle tension and anxiety



When to Call Your Care Team

- Worsening pain
- Trouble breathing
- Extreme sleepiness

! What This Means For You

More than one method will be used to manage pain after orthopaedic surgery. This is called a multimodal pain management plan. It may include nonopioid medications, anesthesia, ice, movement, and other treatment options. The goal is to keep you comfortable so you can rest, breathe deeply, and recover safely.



Nonopioid Options

Medications, such as acetaminophen and ibuprofen, often are the first step. They can reduce pain and lower swelling.



Opioids as Short-Term Tools

Opioids may be used for severe pain; however, they are meant for short-term use only rather than



Anesthesia Plan

Your anesthesia plan is an important part of care. General anesthesia keeps you fully asleep during surgery. Local or regional anesthesia numbs the area. These options may help you recover faster and reduce the need for opioids.



If You Have Questions

If you have concerns about your pain plan or medications, talk to your surgeon, nurse, or anesthesia team before going home.



When to Call Your Care Team

Call your care team right away if you have worsening pain, trouble breathing, or extreme sleepiness.

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