



The five S's for pain management

Smooth Sailing through the first 48 hours following surgery.

Dr. Glenn Johnson

Stay put. Though you may feel like going places and doing things, your body needs time to repair following surgery.

Stay elevated. Elevation helps keep the swelling to a minimum, which reduces the pain and speeds recovery by allowing the blood to freely flow to the surgery area for repair of the tissues.

Stay iced. Along with your pain medication, ice is very helpful in pain management. Ice also helps to reduce the pain and swelling and reduces your recovery time.

Stay medicated. You will need the most pain medication in the first 48 hours following surgery. Pain is most effectively managed if you stay on schedule with the prescribed medications. After 48 hours, your need for pain medication will be greatly reduced. It would then be beneficial for you to cut back on the prescribed medication and substitute the over the counter pain medications as your pain permits.

Stay relaxed. Know that in the first 48 hours you will experience the most discomfort following your surgery. It should get much easier to tolerate as the days go by.