

# Pain Management



## Pain management after total joint replacement varies greatly from person to person.

In general, most patients have the most intense pain during the first week. At certain times of the day, your discomfort can be more intense, specifically after exercises and therapy. Although post-surgical pain is a normal part of the healing process, severe pain is not.

When discharged from the hospital, your doctor will prescribe the medication that has been most successful in managing your pain during your hospitalization. Pain is best managed if you follow these guidelines:

- In general, the first few days at home can be the most painful. **“Assess and Address”** your pain level frequently as you learn to manage and balance your swelling, activity and pain cycle.
- Do not allow your pain to become severe before taking pain medication. Pain medication generally starts working in **30 min** and peaks at **60 min**.
- It is recommended to plan your pain medication around increased activity, ideally around **1 hour** prior to exercise or therapy.
- Your pain medication will be prescribed every 4-6 hours **as needed**. Please evaluate sedation level and side effects before taking medication to prevent overmedicating.

