

# My Pain Management Plan



## What are the most common pain control therapies and medications?

	Self-care	Ice, elevation, and rest
	Complementary therapies	Meditation <sup>9</sup> , guided imagery <sup>10</sup> , acupuncture <sup>11-12</sup> , massage <sup>13</sup> , and music
	Rehabilitation therapies	Occupational and physical therapy
	Exercise	Stretching, walking, and mild exercise

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	( ) <sup>14</sup> Decreases pain and fever	Nausea, vomiting, headache, and insomnia Liver damage may occur at high doses (greater than 4,000 mg in 24 hours) <sup>14-15</sup>
	- - ( ) Decrease swelling and fever Aspirin Ibuprofen (Advil <sup>®16</sup> , Motrin <sup>®17</sup> ) Naproxen (Aleve <sup>®18</sup> ) Ce	

\*Side effects reported in 3% or more of the patients in the study sample

**Patients in a hospice or palliative care program or in treatment for substance abuse or opioid dependence will have an individualized plan for postoperative pain management.**