



Managing Pain After Surgery (At Home)



Overview

You've had surgery, and you're recovering at home. During this time, it's normal to have some pain. But your pain should never be unbearable. If you're following your care plan, you should be keeping it under control. Here are some tips for a comfortable recovery.

Medications

First, make sure you take your prescription medications exactly as instructed. Take the proper amount. Take it at the right times. Never take someone's else's medication. Never mix your medication with any over-the-counter drugs or supplements without first telling your doctor. And if you've been prescribed an opioid, use it only for managing pain. Using medications the wrong way is dangerous.

Comfort

You also need to take care of yourself. Get lots of rest, because rest helps you heal. Support your body with pillows while you're in bed. A heating pad or cooling pack may be helpful. You may also want to try guided imagery or other relaxation methods.

Conclusion

And finally, remember that pain is different for everyone. Managing it is important for a good recovery. So tell your doctor if you feel that your pain is not under control. Your doctor will adjust your care plan to make sure you're as comfortable as possible.