



Managing Pain After Surgery (Multimodal Method)



Overview

Because we all feel pain differently, managing it after surgery can be tricky. In the past, we focused mostly on medications. Often, these were opioids. But now, we use a mix of pain-fighting techniques. We call it the "multimodal" method. It deals with the whole body and the mind. And it can cut down on the need for opioids.

Physical health

With the multimodal method, medication is still the key. So you'll likely take pain pills. You may take a mix of drugs. They work together to control different types of pain. Your doctor will add other things to your care plan, too. You may have a nerve block or an epidural. You may need to do simple exercises. You may need to make some lifestyle changes, like losing weight or stopping a bad habit. And, you may be sent for physical therapy as soon as it's safe.

Emotional health

As you recover from surgery, you can feel bored and lonely. You can have anxiety, insomnia or depression. So, as part of your care plan, your doctor may ask about your emotional health. Your doctor may suggest relaxation methods or therapy. Follow your doctor's advice. Your mental health is an important part of your overall health and your recovery.

Conclusion

The multimodal method is designed to keep you as comfortable as possible as you recover from surgery. Tell your doctor if you feel your pain is not under control.