

Pain

Pain is common and to be expected after joint replacement surgery. Night pain may occur and if possible medication should be scheduled prior to sleeping to assist with pain management.

- Medications
 - The oral pain medication may cause nausea, constipation and a light-headed sensation. If these side effects are too strong, call the office, and the medication can be changed. You should not drink alcohol or drive while on narcotic medications.
 - Most patients will also be prescribed an anti-inflammatory medication such as Mobic (meloxicam), Celebrex (celecoxib), or Ibuprofen. Take this medication as prescribed, its aim is to decrease inflammation which can lead to pain.
- Ice packs- in general ice may be applied to the affected area 3-4 times per day for about 20 minutes at a time to assist with pain management. Please be sure there is a layer between the ice and the body part to decrease the risk of skin breakdown or ice burns.
- Elevation- you should be elevating your surgical leg at least 3 times a day for 1 hour at a time. This will help with swelling which can be a cause of pain.
- Take narcotic medication 30-45 minutes prior to your physical therapy appointments.