



POST-OPERATIVE PAIN MANAGEMENT PLAN

Surgery Date:

Surgery Performed:

- Please keep a copy of this pain management plan and bring it with you every time you see a health professional after your surgery
- If you run out of any medications and feel you need them, please follow up with your doctor
- For more information about specific medications, please visit <https://www.nps.org.au/medicine-finder> or ask your pharmacist.

URN:
 Family Name:
 Given Name:
 Address:
 Date of Birth:
 Sex: M F



Stop taking the medicines highlighted in red first



Stop taking the medicines highlighted in orange next



Continue taking medicines highlighted in green until you no longer feel you need them

Regular Pain Medicines and Anti-inflammatory Medicines

Medicines that need to be taken regularly to provide pain relief and reduce inflammation. Your doctor will enter which medicine they want you to take and for how long.

Name of Medicine	Directions	Purpose	Duration		
			Short Term (<1 week)	Medium Term (Finish Supplied Course)	Long Term (Continue for > 2 weeks and wean dose according to pain)
Paracetamol 500mg Tablets	Take TWO tablets every SIX hours (Maximum of 8 tablets per day)	Relief of Mild to Moderate pain			
PLUS					
Anti-inflammatory medication	<i>Enter directions here</i>	Reduces inflammation and relieves Mild to Moderate pain			
OR					
Celecoxib 200mg Capsules	Take ONE capsule ONCE or TWICE each day	Reduces inflammation and relieves Moderate to Severe pain			

“If Required” Pain Medicines

Medicines that can be taken if needed for further pain relief. Record how many tablets you are taking of each medicine each day. This will help your doctor decide how best to manage your pain. If you are still taking these medicines for >10 days, please speak to your GP.

Name of Medicine	Directions	Purpose	Maximum Daily Dose	Duration	How Many Tablets are you taking per day?
Tramadol (Tramal™) 50mg IR Tablets	Take ONE tablet every FOUR hours if required	Faster acting relief of Moderate to Severe Pain	300mg (6 tablets)		
OR					
Tapentadol (Palexia™) 50mg IR Tablets	Take ONE tablet every FOUR hours if required	Faster acting relief of Severe Pain	600mg (12 tablets)		
OR					
Oxycodone (Endone™) 5mg Tablets	Take ONE tablet every FOUR hours if required	Faster acting relief of Severe Pain	30mg (6 tablets)		
OR					
<i>Enter medicine here</i>	<i>Enter directions here</i>	<i>Enter purpose here</i>			

Other ways to help manage my pain (non-medicine strategies)

1. Physical activities like walking, deep breathing or light to moderate sportive activities.
2. Ensuring a comfortable and well supported position in bed.
3. Passively applied physical approaches, such as acupuncture, massage, transcutaneous electrical nerve stimulation (TENS), heat or cold packs.
4. Psychological/spiritual approaches, such as praying, imagery, visualisation, relaxation or meditation.
5. Distractions like watching TV, listening to music or talking to people

If despite using these strategies, your pain is increasing rather than improving, or if the wound is becoming red, contact your doctor

Signed (Surgeon or Anaesthetist):

General Practitioner: Dr.....

Date:

Phone:.....