Managing Your Pain

Follow these steps to control your pain and get back on your feet faster:

1. Drink your recovery juice to help your body through the stress of surgery.
2. Take the pre-surgery pain medication we offer before you go to the operating room.
3. After surgery, when we ask, get out of bed to move to begin your recovery.
4. Eat as soon as your body is ready.
5. Use responsible pain control. You will receive non-narcotic pain medications, as well as helpful relief from hot/cold packs and distractions such as music and television. Narcotics/opiate pain medications can cause over-sedation, nausea, constipation and even bowel obstructions. We will provide these medications only if needed.