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Paragon Orthopedic Center

Grants Pass, Oregon

PAIN

How To Help Yourself

Headlines in Southern Oregon have highlighted the effects of pain killer addiction on our area. Paragon Orthopedic Center has taken an active role in trying to prevent our patients from heading down the road of addiction with detailed, personalized pre-and post-operative protocols to manage your pain. Dr. Bents and Dr. Van Horne take surgical pain management very seriously because they know that if you don’t have good pain control, you won’t be able to rehabilitate and have the most optimal outcome of your surgery. Sometimes pain management does not mean using opioids, and sometimes you can avoid prescription medication altogether. Our surgeons have several patients with knee, shoulder, and hip replacements who manage their pain after surgery without any narcotics We will go over some ways you can manage your pain without opioids. There are many types of pain, and not all solutions are good for all types, so always make sure to first discuss a pain management program with your healthcare professional. The key is to know your options and have a discussion. Here are some options to consider:

* Acetaminophen (Tylenol®)
* Anti-inflammatory Medications (NSAIDs such as ibuprofen (Advil®), Meloxicam, etc.)
* Topical Ointments (for example lidocaine)
* Exercise therapy, including physical therapy
* Interventional therapies (injections)
* Exercise and weight loss
* Medications for depression or for seizures– some anti-depressants and anti-seizure medications have been shown to relieve chronic pain
* TENS units that interfere with pain pathways
* Cognitive behavioral therapy – a psychological, goal-directed approach in which patients learn how to alter physical, behavioral, and emotional responses to pain and stress
* Nontraditional, homeopathic therapies such as acupuncture and massage
* Homeopathic remedies such as herbs (Arnica, ginger) or salves (CBD, Menthol, Capsaicin)

Ideally, you want pain management with the fewest side effects and risks. Do some research and approach your provider for a professional opinion about using non-narcotic pain relief. There is a time and a place for narcotic short-term post-operative pain relief, but getting away from narcotics as soon as possible will benefit your body, your mental health, and your recovery.

The following articles were referenced for this newsletter:
[Safely and Effectively Managing Pain Without Opioids | Drug Overdose | CDC Injury Center](https://www.cdc.gov/drugoverdose/featured-topics/pain-management.html?msclkid=a5d34c1bb3cd11eca8db0ff8cd4a8299)

[Managing Pain With Medications After Orthopaedic Surgery - OrthoInfo - AAOS](https://orthoinfo.aaos.org/en/recovery/managing-pain-with-medications/#:~:text=NSAIDs%20alone%2C%20however%2C%20will%20not%20relieve%20the%20moderate,upset%20and%20bleeding%2C%20and%20are%20associated%20with%20ulcers.?msclkid=7109099bb3d211ecabcc76cdec0da90b)